

Thinking about 'Loneliness'

We can think about loneliness using our thoughts, feelings, behaviours and bodily sensations. This will show us how they are all linked together. If we focus on changing one of these areas, such as our behaviours then this can lead to us feeling much better and more able to cope.

When we are lonely,
how might we feel?



When we are lonely,
what might we think?



When we are lonely,
how might we behave?



When we are lonely, what
might be happening in our body?



Can you think of some ways to help us to feel
less lonely? You might want to think about
making 'connections'.



Thinking about 'Loneliness'

What does loneliness feel like?



What does loneliness sound like?



What does loneliness look like?



Can you think of some ways to help us to feel less lonely? You might want to think about making 'connections'.

