

Coping with Loneliness

WORKSHEET



Project Monkey Mind

Loneliness can be a result of lack of social contact, thoughts and beliefs or feeling disconnected from the people around you. Singles who experience loneliness often long for a committed relationship and may feel lonely as a result. Complete the following:

- ▶ Loneliness feels like (physically, emotionally and otherwise)...

- ▶ I experience loneliness when...

- ▶ The thoughts I tell myself when I feel lonely are...

- ▶ Things I can do when I feel lonely...