Why Do I Feel Lonely Even When I'm Not Alone?

Six Questions Worth Asking Yourself

When having people around isn't quite the same as feeling connected.

You can have family, friends, colleagues and a busy life, and still experience moments of loneliness.

Sometimes it's not more people we need. It's a different kind of connection.

These six questions invite you to explore what loneliness means in your own life, what might be missing, and what could help you feel more connected.

There are no right or wrong answers. You may want to write your answers down, or simply sit with them. There's no timeline. Take your time with each question.

1. When do I miss sharing life with others?

Do I feel lonely when there is nobody to share experiences, activities or everyday moments with?

Perhaps you enjoy the energy of being with people, having something to look forward to or sharing the little things that make life enjoyable. Even when you know plenty of people, you may miss having someone to do things with.

Something to notice: What kinds of shared experiences leave you feeling happiest and most connected?

Your thoughts:

2. Do I feel cared for and understood?

Am I often there for other people, but sometimes wish someone would notice what I need?

Perhaps you are someone who listens, remembers and cares about what others are going through. You may have loving relationships and still feel lonely when that care does not seem to come back to you.

Something to notice: When do you feel genuinely cared for, rather than simply needed?

Your thoughts:

3. Do I have a meaningful place in others' lives?

Do I sometimes feel lonely because I am not sure where I belong or what I have to contribute?

Perhaps being involved, making a difference or having something worthwhile to offer gives you a sense of connection. When your role changes, or you no longer feel needed in the same way, you may begin to feel a little lost.

Something to notice: Where do you feel that your presence and contribution truly matter?

Your thoughts:

4. Do I have people who share my interests?

Do I sometimes wish I had someone who enjoyed talking about the things that genuinely interest me?

Perhaps you love exploring ideas, learning, understanding how things work or discussing subjects that fascinate you. You may enjoy people's company but still miss conversations where you feel intellectually engaged.

Something to notice: What interests or conversations make you feel most understood and connected?

Your thoughts:

5. Can I be myself around other people?

Do I sometimes feel lonely because I cannot quite be myself, even with people I know well?

Perhaps you experience life in your own way, enjoy your independence or need freedom to follow your interests and instincts. You may value companionship but find it difficult when being with others means setting aside too much of yourself.

Something to notice: With whom do you feel most comfortable being entirely yourself?

Your thoughts:

6. Am I longing for a deeper connection?

Do I sometimes feel lonely even when my life is full of people and activities?

Perhaps you are longing for conversations about what really matters, a deeper sense of meaning or the feeling that you are connected to something beyond everyday routines.

Something to notice: What experiences give you a sense of deeper connection, peace or belonging?

Your thoughts:

What do your answers tell you about you?

Loneliness does not feel the same for everyone. You might miss shared experiences, care, a meaningful place in others' lives, conversations about your interests, the freedom to be yourself, or a deeper sense of connection. You may recognise yourself in several of these.

There is nothing wrong with wanting connection in your own way. Understanding what you naturally value can help you recognise why some relationships feel fulfilling and others leave you feeling lonely.

There are reasons you respond the way you do. SolePath helps you understand them.

Your SolePath is a three-Path braid that helps you understand patterns shaping your behaviour, choices, relationships and everyday life.

Know your SolePath. Then live it.

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