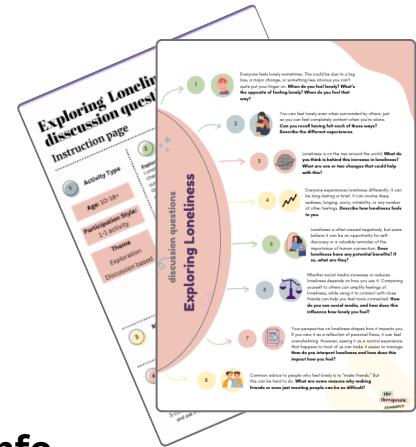


Exploring Loneliness: Discussion Questions

Instruction page



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Activity Type

Age: 10-18+

Participation Style:
1-1 activity

Theme
Exploration
Discussion based

2

General Activity Info

Exploring loneliness

Loneliness is a universal human experience that can arise from life changes, loss, or even without an obvious cause, even when surrounded by others.

Our worksheet, Exploring Loneliness: Discussion Questions, offers eight prompts to help clients reflect on and better understand this often misunderstood emotion.

Topics include:

- The experience of loneliness
- The loneliness epidemic
- Social media's role in loneliness
- The impact of thoughts on loneliness
- Barriers to building connections

This resource is designed to support clients experiencing isolation, social anxiety, or depression, and helps foster a deeper understanding of loneliness. However, it also relies on your role as a practitioner to be sensitive and engage in a way that resonates with your client. This tool is intended to facilitate meaningful discussion and guide a constructive piece of work.

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Materials Needed

- A copy of the discussion questions.
- A safe space.

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Step by Step Instructions

1. Take some time to reflect on these questions and explore your own feelings before the session.
2. Introduce the topic to your participant and guide them through the questions gently. You may want to begin by asking what they understand loneliness to be.
3. Conclude the session by reminding them where they can access further support and ask if they would like to revisit the topic in the future.

discussion questions

Exploring Loneliness

- 1  Everyone feels lonely sometimes. This could be due to a big loss, a major change, or something less obvious you can't quite put your finger on. **When do you feel lonely? What's the opposite of feeling lonely? When do you feel that way?**
- 2  You can feel lonely even when surrounded by others, just as you can feel completely content when you're alone. **Can you recall having felt each of these ways? Describe the different experiences.**
- 3  Loneliness is on the rise around the world. **What do you think is behind this increase in loneliness? What are one or two changes that could help with this?**
- 4  Everyone experiences loneliness differently. It can be long-lasting or brief. It can involve deep sadness, longing, worry, irritability, or any number of other feelings. **Describe how loneliness feels to you.**
- 5  Loneliness is often viewed negatively, but some believe it can be an opportunity for self-discovery or a valuable reminder of the importance of human connection. **Does loneliness have any potential benefits? If so, what are they?**
- 6  Whether social media increases or reduces loneliness depends on how you use it. Comparing yourself to others can amplify feelings of loneliness, while using it to connect with close friends can help you feel more connected. **How do you use social media, and how does this influence how lonely you feel?**
- 7  Your perspective on loneliness shapes how it impacts you. If you view it as a reflection of personal flaws, it can feel overwhelming. However, seeing it as a normal experience that happens to most of us can make it easier to manage. **How do you interpret loneliness and how does this impact how you feel?**
- 8  Common advice to people who feel lonely is to "make friends." But this can be hard to do. **What are some reasons why making friends or even just meeting people can be so difficult?**