

When I Feel Lonely

Feeling lonely does not always mean being alone. Sometimes it can happen even when people are around. This sheet can help you explain what loneliness feels like for you.

Loneliness shows up when...

- ☐ I am on my own
- ☐ I am around people but still feel separate
- ☐ I feel left out
- ☐ I miss someone
- ☐ I do not feel understood
- ☐ I scroll online for a long time
- ☐ I have argued with someone
- ☐ I feel different from others
- ☐ I am not sure why it happens
- ☐ Other: _____



What it feels like for me

Quiet ☐

Heavy ☐

Empty ☐

Awkward ☐

Sad ☐

Numb ☐

Anxious ☐

Angry ☐

Embarrassed ☐

Tired ☐

Invisible ☐

Disconnected ☐

Other: _____

What I usually do

- ☐ Keep it to myself
- ☐ Go quiet
- ☐ Message someone
- ☐ Stay in my room
- ☐ Listen to music
- ☐ Go online
- ☐ Sleep
- ☐ Get annoyed
- ☐ Try to distract myself
- ☐ Other: _____

What helps a little

- ☐ Someone checking in
- ☐ A message from someone
- ☐ Being invited, not pressured
- ☐ Doing something familiar
- ☐ Music
- ☐ Going outside
- ☐ Being with pets
- ☐ Talking to someone I trust
- ☐ Having a plan
- ☐ Other: _____

One small connection I could try

Anything else you want me to know?
