

Title:  
Managing Loneliness

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740

Summary:  
My experience from 37 years of counseling individuals and couples is that most of the problems

Keywords:  
loneliness, being alone, companionship

Article Body:  
My experience from 37 years of counseling individuals and couples is that most of the problems

Certainly traumatic and tragic events such as loss of loved ones, financial loss, and health i

I have discovered that there are two core feelings that most people will do almost anything to

Loneliness is an intense empty, sad, sinking or burning feeling within. This feeling can be tr

- 1) Loss of a loved one.
- 2) Not having a partner, family or friends with whom to share time and love.
- 3) Being around others but being closed off to them.
- 4) Being around others when they are closed off to you.

Other than a traumatic loss, the latter is often the most challenging in everyday life, and th

Helplessness is a similar feeling to loneliness ~ intense inner turmoil. In the example above,

Once you turn to addictive behaviors such as food, alcohol, drugs, activities, shame and blame

Managing the feelings of loneliness and helplessness is not as hard as you may think it is. If

- 1) Stay tuned into your body/feelings so that you know when you are feeling lonely or helpless
- 2) Welcome and embrace the feelings, opening with deep compassion for these feelings. If you a
- 3) Hold the feelings as you would a child who is hurting, with deep love and understanding. Ju
- 4) Consciously be willing to release the feelings. Imagine the feelings of loneliness and help

You will find that these painful feelings will quickly release if you practice these steps rat

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