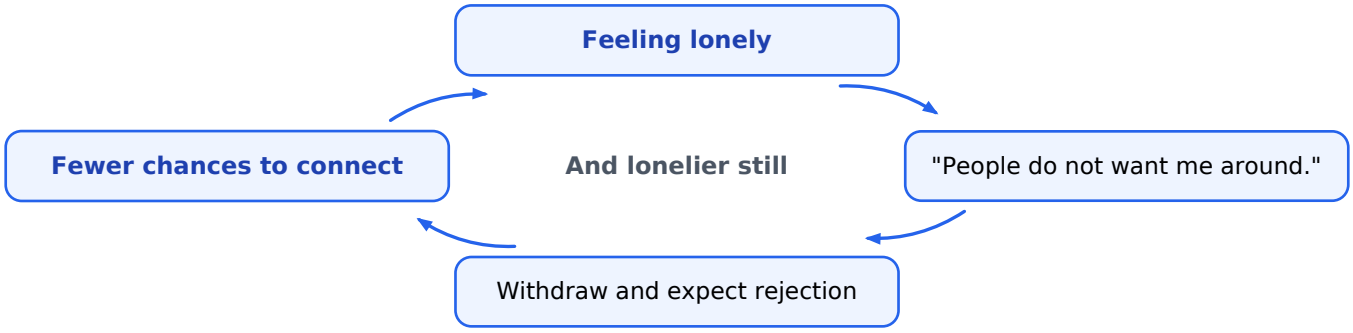
Loneliness: small steps towards connection

What loneliness is, why it tends to get worse, and small steps to more contact.

Name _____ Date _____

Loneliness is the gap between the contact you have and the contact you want. You can be lonely in a crowd or a marriage. It is very common, and it tends to feed on itself.



Steps, from small to bigger

- [ ] Say hello to someone I pass every day
- [ ] Chat briefly with a shop assistant or neighbour
- [ ] Reply to a message I have been leaving
- [ ] Text someone I have lost touch with
- [ ] Ask a colleague to have lunch or a coffee
- [ ] Go to the same café, class or walk each week
- [ ] Join a group built around something I like
- [ ] Volunteer for an hour a week
- [ ] Invite someone to do something small
- [ ] Tell one person a bit more about how I really am

Things to keep in mind

- Start with regular, low-pressure contact. Familiar faces become friends slowly.
- Shared activity is easier than face-to-face conversation.
- Expect your mind to predict rejection. Treat that as a thought, not a fact.
- It takes many small contacts for a connection to form. One awkward chat is not a verdict.

This week I will	When	How it went

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