

Tools for Overcoming Loneliness

Self-Awareness Exercise

1. What fears tend to come up when my loneliness is overwhelming me?
2. What do I do with those fears? (e.g., Do I allow them to magnify my feelings of isolation? Or am I inspired to find ways to connect with others, in spite of my feelings of loneliness?)
3. What experiences act as “loneliness triggers”? (e.g., When I see a couple eating out at a restaurant.)
4. What assumptions do I make about those situations? (e.g., That couple must be deliriously happy. Why can't I have that same type of love? There must be something wrong with me.)
5. How do those assumptions erode my well-being and stir up my fear-based emotions?
6. How can I remind myself to calm down my emotional turmoil during these “trigger events”? (Hint: use the practice of posture and breath to restore emotional calm and physical easing of tension; notice the distorting influence of your out-of-power patterns, etc.)

Awareness Practice for Calming Your Reactions to Loneliness

1. Check Your Shoulders

Are they relaxed, or are they tense and up around your ears? Consciously allow your shoulders to soften and drop down.

2. Breathe In

Take a deep breath, and as you inhale, feel your shoulders. Let them be heavy and relaxed. Imagine them hanging effortlessly and freely from your spine.

3. Breathe Out

As you exhale, feel the weight of your shoulders as they actively, but effortlessly, slide down your back with the exhale. Continue to breathe and stay with this focus of breathing in, breathing out, with relaxed shoulders.

4. Take Notice

After a minute or two has passed, take note of the immediate impact this simple exercise has had on your ability to focus and feel more calm.

Use this practice throughout your day as you get stressed or overwhelmed with loneliness or any other emotional reactions. As you continue to practice it, you'll begin to notice your mental narrative shift from reactive to responsive—and this means less tension throughout your body and more clarity as you work through difficult emotional patterns.

Learn more about this and other practices in the 1Body Method with this series of short videos: [Practical Pathways to Inner Peace](#). In it, I take you through some of the most basic steps you can take to overcome your loneliness (and other emotional reactions). It's a free resource. You just have to [sign up here](#) to get started.