

# LONELY



Befriend ourselves when lonely.

**What it's about; what it does for us...**

...Feeling cut off from others; it makes us try to connect with people.

**We feel this when...**

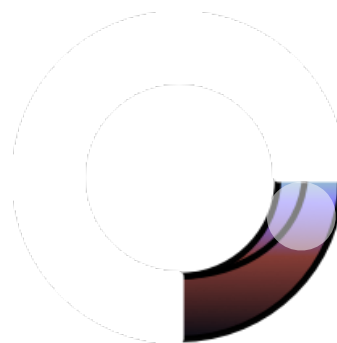
...we feel no-one else likes us, or nobody is there for us.

**It makes us...**

...try to re-connect, or use the space and time to work out what is important to us.



PROTECTING  
ME QUADRANT



FLAT ZONE