## **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...

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



