

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...

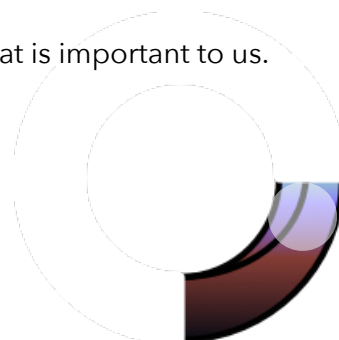
...we feel no-one else likes us, or nobody is there for us.

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