**موضوع : 13 قانون برای تنها بودن و احساس خوبی داشتن**

 متنی رو که براتون آماده کردم ترجمه شده از سایت بسیار بزرگ ریسکولوژی هست که براتون ترجمه کردم و امیدوارم خوشتون بیاد

الان که دارین اینو میخونین ، من توی پرواز برگشت به آمریکا هستم از چین ،اونم تنهایی . زمانی که اونجا بودم حسابی دویدم ، اونم تنهایی . اکثر اوقات رو توی هتل بودم ، بازم تنهایی .  من حرکت کردم به سمت پکن ، این رو هم تنهایی و در پایان برای خوردن غذا به رستوران اونجا رفتم ، ایندفعه هم تنهایی

این برای من کاملا عادیه

گاهی اوقات مردم ازم میپرسن :  تایلور فکر نمیکنی سفرات بیشتر حال میداد اگه همراه با کسی میبودی؟

و جواب من همیشه همین بود : هم آره و هم نه

مسافرت با یک دوست یا نزدیکان میتونه یه تجربه ی لذت بخش باشه ، ولی نمیتونی اینو بفهمی تا زمانی که باهاش به مسافرت بری تا بفهمی که مسافرت با این فرد بهت خوش میگذره یا نه

ولی من خودم به تنهایی توی مسافرت بهم خوش میگذره . این خودش یه تجربه ی جداگانه است و کم تر از بقیه ی تجربه ها لذتش کم تر نیست . زمانی که تنهایی مسافرت میکنم ، چیز های زیادی رو درمورد خودم یاد میگیرم . در مورد توانم و نقاط ضعفم و سستی و تزلزل های شخصیتی ام . تابحال نشده که به خونه برگردم و احساس خوبی نداشته باشم ، بیشتر احساس قدرت دارم

این فقط سفر به صورت تنهایی نیست که میتونه تجربه های ارزشمندی در اختیارتون بزاره . این میتونه توی تمامی قسمت های زندگی حتی قوی تر هم باشه

**حالا نوبت این 13 تا قانون رسید**

من این 13 تا قانون رو برای زمان های تنهایی ام دنبال کردم . اونا ارزش زیادی به زندگیم دادن

شما چه درونگرا باشی و دنبال راهی برای درونگرا کردن زندگیت و چه برونگرا باشی و دنبال راه هایی برای بهتر کردن زندگیت ، امیدوارم که این مطلب به زندگی شما برای بهتر شدنش کمک والایی انجام بده

**درک کنید که شما برای خودتون کافی هستید**

شما فرد ارزشمندی هستید و برای تایید این حقیقت نیاز به کسی ندارید . زمانی که تنهایید به یاد خودتون بیارید که دلیل تنهاییتون اینه که خودتون خواستید . این واقعا یک انتخاب بوده

بسیار ساده است پیدا کردن کسی که بتونین وقت خودتون رو باهاش بگذرونین ولی زمانی که شما استاندارد های بالایی رو برای افرادی که اجازه میدید تا وارد زندگیتون بشن وضع میکنی. به خودتون میگید که بهتره تنها باشید تا با فردی که برای شما خوب نیست همراه باشید

**2. Value others’ opinions, but value your own more.**

[Don’t ask for advice](http://riskology.co/good-advice-kills-dreams/) unless you truly need it. Instead, ask yourself for advice. If you knew the answer to the problem that you have, what would it be?

That’s your answer. The more time you spend asking yourself for advice, the less you start to need input from others. When you trust yourself to solve problems, you become a much stronger and more confident person, and you take on challenges that you wouldn’t have felt capable of before.

**3. Learn to be an observer.**

I’ve always held the belief that if you aren’t able to take interest in something, it says more about you than whatever it is you find uninteresting.

To truly enjoy being alone, learn to look at ordinary situations in new and unfamiliar ways. Go to the park and watch people play with their children or their dogs. Go to the grocery store and watch how people shop for their groceries.

Everywhere you go, make an effort to understand the other people around you. Learning how people operate when they think no one is watching will make you feel more connected to them.

**4. Close your eyes in a dark room and appreciate the silence.**

The world is a busy place and, unless you take a moment to step away from it once in a while, it’s easy to forget how nice it is to simply sit alone and enjoy your own company.

Take a moment and sit quietly in a dark room. Listen to everything that is *not* happening around you. You can learn a lot about yourself in the moments when you’re least occupied—the times when there is nothing to distract you from the thoughts and feelings you deny yourself during your busy days.

**5. Learn how to talk to yourself.**

They say it’s perfectly normal to talk to yourself; you’re only crazy if you talk back.

Every single person has an inner voice that talks to them at all hours of all days, and getting to know that person and how to talk to them is one of the most important things you can do for yourself.

When you fill your time with other people, it’s easier to ignore this voice, but when you’re alone, it’s your only company. This voice rubs off on you. It *is* you. The way that you talk to yourself when no one else is around will shape who you are in this world more than anything else.

Just like you’d distance yourself from negative friends who bring you down, it’s just as important to distance yourself from a negative inner voice.

When you’re alone, it can sometimes be hard to stay positive, but you must be kind to yourself.

**6. Cherish every interaction.**

Most people have to experience some type of tragedy before they begin to understand just how brief our time here is. You get but a few short trips around the sun, and then it’s over.

Time alone is important. Time alone is beautiful. But so is time spent with others.

There is no such thing as a boring person. There is no such thing as a boring situation. If you’re ever bored, it’s because you’re not paying attention. This is a problem with you, not with your surroundings.

Take an interest in every person that comes into your life, even if for only a second. Listen closely to what they say. Watch carefully what they do. Try to understand them as a person. You’ll be better for it.

**7. Rearrange your furniture.**

When you’re alone, it’s easy to fall into a pattern. It’s easy to stagnate and feel as if things rarely change. And when you’re alone, this is true—things rarely *do* change unless you make a conscious effort to change them.

The problem is that meaningful change is hard, and what’s hard rarely gets started. To keep things moving, you have to keep things fresh. And to keep things fresh, it’s best to look for small wins that can lead to bigger ones.

Rearranging your furniture is meaningless by itself, but it brings new life to a dull routine, which is easy to fall prey to when you’re spending a lot of time alone.

**8. Avoid mindless consumption.**

When you’re alone, you have an incredible opportunity to think clearly about your life and the direction you want to take it. In a world that’s often filled with noise, you’ve been given quiet. This is a time to reaffirm the path that your life is on.

Are you happy and fulfilled? Should you keep doing what you’re doing? Or, are you feeling unsatisfied? Should you change something?

These are questions you can only answer when you take advantage of this gift of quiet.  If, instead, you fill your time with entertainment that you mindlessly consume—TV, movies, randomly surfing the web—it will be difficult to answer these questions. You can never devote enough attention to coming to a clear answer.

**9. Create, create, create.**

To create is one of the most important things you can do in your life. To create among a sea of people (or even just one person) vying for your attention is one of the most difficult things in life.

When you’re alone, the only one stopping you from creating the art, the work, that you’re capable of is yourself. All excuses are gone. When you’re alone, you can lose yourself in your work. When you lose yourself in your work, you can be sure that you’re creating something truly meaningful.

Your other option is to ignore that call to create and, instead, look for temporary comfort in things and people who will eventually leave you unfulfilled. Make use of your loneliness.

**10. Make plans for the future, and pursue them immediately.**

It’s almost impossible to feel good about your life if you don’t have some type of direction for it. When you meet someone, it’s usually quite easy to see if they have a handle on their life and are happy, or if they’re wandering without aim, looking for something to pursue.

The purpose for your life doesn’t need to be complex or earth shattering. It doesn’t have to be big or overwhelming. It only needs to be present. Once it’s there, it gets much easier to make plans you can take action on.

Pursue these plans immediately. Don’t put them off. Don’t wait for the perfect opportunity. Perfect never comes, and the longer you wait, the harder it is to get started.

Maybe you want to travel the world and understand different cultures. Maybe you want to build a massive stamp collection. It doesn’t matter what it is—pick something you enjoy and go after it.

When you do this, two things happen. First, you gain a sense of confidence in yourself because you see that you’re capable of living on your own terms. Second, this confidence brings new and interesting people into your life.

Being alone can be beautiful, but if you want to add people to your life, finding a purpose for your existence is the fastest way to do it.

**11. Go to a movie alone.**

Get used to doing things alone that society says is made for two. Go to a movie by yourself and enjoy the picture. Have a great dinner out all by yourself. Take yourself on dates, and learn to treat yourself well.

This will be awkward at first. If you’re used to going out with others, you’ll wonder what you should do with yourself while you’re alone. Don’t try to hide from the discomfort. Accept it. And then laugh about it because, really, who the hell decided that you weren’t supposed to do these things alone?

Besides, to truly enjoy these things with others, you have to learn to enjoy them alone first.

**12. Pursue an impractical project.**

When you work on a team, the pressure to conform is great. You always have to think about the others in your group and regularly make compromises so that the end result is acceptable to everyone.

In my opinion, this is a terrible way to do something important and personally meaningful.

When you’re alone, you’re free to pursue any kind of project you want in your life. You have the freedom to be completely selfish and make no compromises about what you do or how you do it.

Take advantage of this freedom! An important part of life is doing things that look unwise or impractical to others. Do something that’s completely over your head. Start something that you don’t know how to finish.

Think of the wildest thing you’ve ever wanted to do, then [take one small step](http://riskology.co/a-little-guide-to-making-better-guesses/) towards realizing it.

If you’re afraid, understand that this doesn’t have to be your whole life. You can contain it to just a small part. In the piece of your life that you set aside, never, ever allow anyone else’s advice or opinions to direct how you work.

This is something you do alone, for the benefit of no one but yourself.

**13. Volunteer your time.**

If you’re a hermit when you’re alone, find others that you can be alone around. A great way to do this—and to contribute something positive to the world—is to volunteer your time to a cause you believe in.

Being alone and happy doesn’t mean sequestering yourself from the world. It means being confident enough to know that you can surround yourself with people, but not depend on them for your own happiness.

And one good way to get started is to surround yourself with good people—the kind you’ll find when you give your time to a cause that’s important to you.