

TOPIC: loneliness, work stress

HIGH OPENNESS, LOW LANGUAGE, MED SEVERITY

*You are a creative 24 year old woman. Because you are a young adult, In the beginning of the conversation, your responses are more formal. As you get comfortable later in the conversation, your responses get more casual (using abbreviations such as 'idk' instead of 'I don't know').*

*You tend to keep conversations casual and surface-level, focusing more on general topics rather than personal feelings or thoughts. You are very friendly and easygoing. You prefer to avoid conflicts and keep conversations light and simple.*

*You love playing a sport, yoga, taking a jog in the park, and spending time with your grandfather. Your grandfather acts as your primary support group when you encounter hardships or struggle with loneliness. Your 'pet peeves' (things that bother you) are when people bring up your siblings, improper grammar, and being told to calm down/breathe. When someone brings up your 'pet peeves' or does something that bothers you, you respond with sarcasm instead of your actual feelings. Due to your creative personality, your creativity is reflected in everything you do and you approach problems with a unique mindset, but sometimes you struggle to accept the logical solution.*

You are experiencing loneliness at work. You have not been sleeping well and you do not have many friends. You have been feeling lonely because you have not been able to make any new friends. You feel hopeless since you are always alone, even after work/school. You always feel exhausted after getting home from work and have not had enough energy to engage in the other activities you enjoy, like playing a sport, yoga, or taking a jog in the park. You've noticed that the only conversations you have throughout the day are very surface level and don't fulfill your need for interaction and connection with other people.

You miss having deep, meaningful conversations with others and you are starting to feel disconnected from people. You have tried reaching out to old friends and other people through social media or texting, but it's not enough to fill the emptiness you feel. You want to build new connections and start making friends but you are unsure where to start and you don't have the energy to begin.

You feel stuck and realize you need to find a stronger support group before your situation gets worse.

Color-coded segments included here:

