

KAMAKHYAA

for the souls

KFTS is a free and open source platform for mental health resources. All the worksheets have been obtained from free external platforms, and the specific sources for each worksheet are mentioned at the end.

Do I Suffer From Loneliness?

Everyone feels lonely from time to time. But loneliness can become a problem when your need for rewarding social contact and relationships is not met. Loneliness is not always the same as being alone, because you might choose to be alone and feel content without much contact with others. On the other hand, you might have lots of social contact, or be in a relationship or part of a family, and still feel lonely – especially if you feel misunderstood by or disconnected from the people around you.

Loneliness can have a negative impact on your mental health, especially if you have felt lonely for a long time. Research suggests that loneliness is associated with an increased risk for certain mental health problems, including depression, anxiety, low self-esteem, sleep problems, and increased stress levels. This worksheet will help you identify if your loneliness is something that is affecting your mental health.

Check the statements that apply to you:

| | | |
|---|--|--|
| 1 | I often feel lonely | |
| 2 | I feel drained of energy and unmotivated to socialize | |
| 3 | My loneliness means no one wants to spend time with me | |
| 4 | I lack daily companionship and this is upsetting to me | |

| | | |
|----|---|--|
| 5 | I am not successful in maintaining relationships (friendships, family, romantic partners) | |
| 6 | I dread vacations or time off work because I am always alone and isolated | |
| 7 | I feel awkward at social events because I am single in a "couple's world" | |
| 8 | Even when I am in a group of people I feel alone | |
| 9 | I need people more than they need me | |
| 10 | I feel rejected | |

If you have checked most of these boxes as yes, your loneliness might be something that is hindering your daily life. Stick with us to know how you can possibly reduce these feelings of social isolation.

Sources

- Jefferson School District 14J resources. Worksheet retrieved from https://www.jefferson14j.com/cms/lib/OR50000594/Centricity/Domain/22/Coping_with_Loneliness_ad_010821%20_1_.pdf