

# DEVELOP TOGETHER

*"Helping You Make Positive and Long Lasting Changes to Your Life."*

## **How to Be Alone But Not Lonely**

Loneliness can sometimes be a taboo subject in many social circles, although most of us experience this at various times throughout our lives, some more than others.

It's important to understand that loneliness is an emotional state and being alone is a physical state. These two states are often grouped together but are not the same thing, as it's quite possible to be surrounded by people and still feel lonely. By understanding this difference we can start to gain more control over each of these states.

The physical state of being alone is the easiest one to solve by relocating nearer to others. It's important to learn how to enjoy the time spent alone and use it to carry out some hobbies and pursuits like reading a book, going for a walk, drawing, painting or playing a musical instrument. We can also use time by ourselves to reflect on what's going on in our life at the moment, then start to make plans for the future, possibly to rectify any problems we might be having. It's this second option that sometimes scares people against spending time alone, as it can sometimes bring on the dreaded feeling of loneliness.

This relates to something I've already talked about and that is how to build resilience. You can watch the video and download that PDF by going to this link →

<https://www.youtube.com/watch?v=1E-9WNnQXRc>.

In that video I talk about moving our perspective from Effect to Cause and realising that we have control over how we feel. I'll be posting another video and PDF soon talking about that in a bit more detail.

As we learn to enjoy our alone time and use it effectively, without getting too deep with our self reflections, we can successfully be alone but not lonely. If you find yourself thinking too deeply when you're alone the best thing to do is make plans to see or speak to friends, family or colleagues to get things off your chest. Even doing this simple first step can keep the feeling of loneliness at bay, so give this a try yourself to see if it works for you.

If you have any questions about this, please email [info@developtogether.co.uk](mailto:info@developtogether.co.uk).

Kind Regards,

*Rob*

Rob Palmer – Founder of Develop Together