

Lonely in a Room Full of People

For the loneliness that shows up when you are surrounded and still not with anyone.

WHEN TO USE THIS

Use this after a gathering you were at but not really in.

Where were you, and who was there?

When did the lonely feeling start? What was happening right then?

What was going on for you?

- ☐ I could not find a way into the talk
- ☐ I was there but somewhere else
- ☐ Nobody asked me anything real
- ☐ I was the odd one out
- ☐ I was playing a part all night
- ☐ I wanted to go home the whole time

Was there one person in that room you could have said something real to?

Being near people and being with people are different things. It is not your imagination.