

Loneliness and belonging

The Kind of Connection I Am Missing

Adults | 10 to 15 minutes

Loneliness can occur with or without people around you. You may miss being understood, regular company, shared interests, practical support, or a place where you do not need to pretend. Begin with the quality of connection rather than a required number of contacts.

Choose one unmet connection need. Include access, energy, culture, safety, and the other person's freedom to decline.

Name what is missing

Distinguish companionship, emotional understanding, shared activity, community belonging, or help with a task. Different needs may call for different relationships or settings.

Make a low-pressure invitation

Consider a brief call, shared activity, accessible group inquiry, or specific request. Plan a kind response to no answer and an alternative that does not treat rejection as proof of unworthiness.

1. What kind of connection do I miss most?**2. Where or with whom might that connection be possible?****3. What barrier or safety concern needs to be considered?****4. What specific invitation or request could I make, and what is my alternative?****Clinical use and adaptation**

Respect solitude and avoid prescribing socializing without assessing access, safety, and preference. Consider bereavement, depression, discrimination, disability, and exclusion. Build practical supports and do not interpret a declined invitation as a clinical failure.