

RECONNECTING IN RECOVERY: QUESTIONS ON LONELINESS

Do you experience loneliness in isolation? Do you experience loneliness when you are with others? Do you feel you have to appear a certain way or play a certain role when in a group?

Use this space to write about these experiences.

CONSIDER:

- Past experiences that have brought you here
- The way you connect with yourself
- What stops you from opening up to others
- How you interpret the world and those around you
- The feelings that arise now

OUTSTANDING CARE IS WHAT WE DO,
KINDNESS MAKES US ORRI.



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Do you ever experience or can you imagine a positive kind of loneliness, a solitude? Is loneliness something to be rid of?

Use this space to write your thoughts.

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