

Loneliness Therapy Worksheet

Give appropriate answers to the questions provided in the worksheet. Try to reflect on your answers and implement them in your life to overcome your loneliness.

Why do you feel lonely?

With whom can you express your feelings?

With whom can you go out to have fun?

With whom can you talk to on the phone to express your feelings?

How can you start to follow your self-care plan?

Which activities do you enjoy doing?

What are you missing out on?
