



Counselling Workroom

LONELINESS

✦✦ Everybody feels lonely from time to time

Nowadays, with the rapid technological development and under the impacts of pandemic, people meet and interact with each other less often.

A survey found that 48% of the youth in Hong Kong often feel lonely.



Loneliness is a purely subjective, individual experience.

If you feel lonely, then you are lonely.

✦✦ Why you feel in pain when you are lonely

For our ancestors, the most dangerous threat to survival was not being eaten by a lion, but being excluded by their social group.

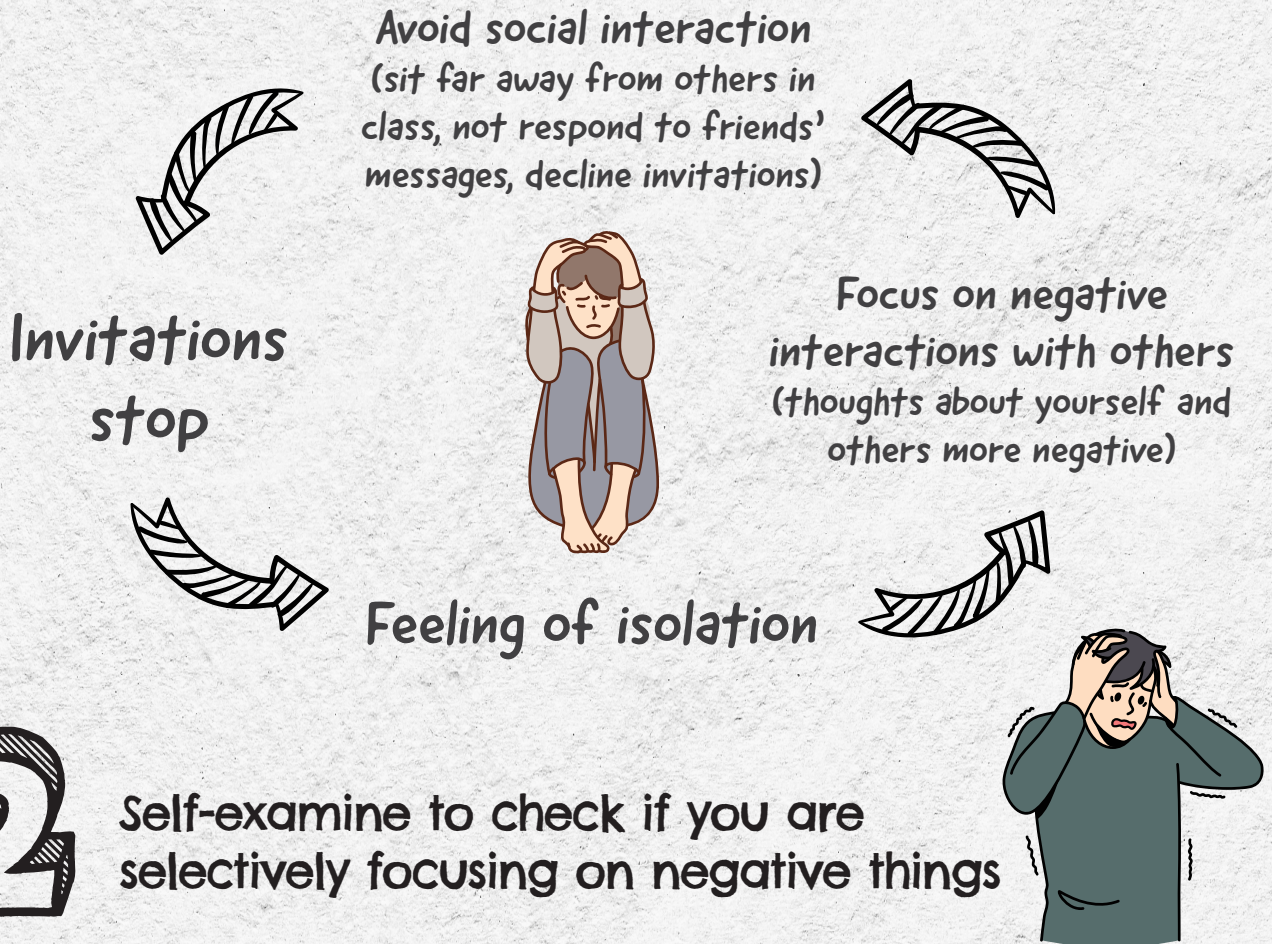


To avoid that, our body came up with "social pain" – a sort of early warning system to make sure you stop behaviour that lead to isolation. Your body cares about your social needs, because millions of years ago, it was a great indicator of how likely you were to survive. Natural selection rewarded our ancestors for collaboration, and for forming connections with each other.

✦✦ How to get out of chronic loneliness

1

Understand the vicious cycle



2

Self-examine to check if you are selectively focusing on negative things

Loneliness make you assume the worst about others' intentions towards you. To react to this perceived hostile world, you become more self-centred to protect yourself. This makes you appear more unfriendly and socially awkward than you really are.



3

Change your thought

Try not to perceive others negatively and give them the benefit of doubt. Just assume that they're not against you. Let's take the risk of opening up again.

4

Change your behaviour

Not to avoid opportunities to be around with others.

Not to decline invitations.

Try to make new connection with someone.

Write a message to a friend not being contacted for a while.

Ask a companion out for a drink.



Every person in each situation is unique and different.

*If you feel unable to solve your situation by yourself,
please try to approach our Counsellor to get professional help.*

It's not a sign of weakness but of courage!

