

Learning to be with Myself

Exploring the Meaning of “Alone”

1. What does being “alone” mean to me—not just in definition, but in feeling?
2. When I think about being alone, what images, memories, or sensations come up?
3. Do I associate being alone with abandonment, freedom, disconnection, or something else? Why?
4. What messages did I receive growing up (directly or indirectly) about solitude?
5. Do I experience a difference between being alone and being lonely?

Understanding the Struggle

1. What parts of me feel most activated when I’m alone (anxious, restless, numb, sad, etc.)?
2. What thoughts or fears tend to come up when I’m not with others or distracted?
3. Is there a part of me that believes I’m “not okay” if I’m alone? Where might that belief come from?
4. Do I find myself seeking connection to avoid silence, boredom, or inner discomfort? What am I trying not to feel?
5. How does social media or constant stimulation affect my relationship with solitude?

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Getting Curious

1. What's something I've learned about myself in moments of solitude, even if they were uncomfortable?
2. Are there specific times when being alone felt soothing, playful, or expansive?
3. What do I imagine I might discover if I allowed myself to be alone more often?
4. What do I fear I might encounter or have to face in the quiet?
5. Is there a part of me that wants alone time but struggles to claim it? What gets in the way?

Reframing & Reconnecting

1. Can I remember a time when being alone led to creativity, rest, or inspiration?
2. If I reimagined alone time as a chance to connect with myself rather than a lack of connection, what might shift?
3. What rituals or practices could make solitude feel like care rather than punishment?
4. What would it look like to build a relationship with my inner world—just like I would with a close friend?
5. If my alone time had a theme or intention (e.g., curiosity, rest, restoration, discovery), what would I choose?