

Parallel Learning Technology

A Lonely Life

Loneliness is guaranteed for the adult/adolescent. It is the result of a whole series of learned patterns that take hold in our perception, attitude, thinking, and behavior. The perspective of superiority, an inflated ego, an addictive mental process, and aggressive control tendencies become an emotional shovel that digs a hole that eventually seems too deep to ever crawl out of.

At an advanced level, a life of loneliness looks like this:

- We can't join: We are unable to attain and sustain a sense of belonging—even with people we know and groups with whom we have a history, i.e. co-workers, social, religious, and recovery fellowships; and even our own families.
- We can't be honest with others. We turn down invitations to social events by making up excuses for not attending; knowing we really just feel anxious about being in a group setting.
- We can't be honest with ourselves. We hunger for companionship and support but are restless and anxious to leave social situations. We tell ourselves we have important things to do but once alone, we don't do those things; we don't want to admit we just want to isolate.
- We exclude instead of include: We find ourselves dissecting why a potential social situation, friendship, or close relationship could not work out, rather than focusing on the positive possibilities.
- We give up on others: We fantasize about intimate relationships but we put up rigid boundaries and / or limit our exposure to others, often using what sound like very healthy and reasonable ideas (usually picked up through personal growth and self-help literature), to rationalize our decisions and behavior.
- We give up on ourselves: We feel like we are living a lie, desperate to let out all of our hurt, confusion, and anger; but we are afraid the pain won't stop or that we will be judged or left alone with the pain. We fear we will be misunderstood or that someone will try and exploit our vulnerability in an attempt to control us. We know that there must be a way out but we just can't seem to reach out with confidence that things can really change.

Life Skills U offers the educational information and the coaching needed to put down the 'emotional shovel' of living life as an adult/adolescent.

Living an authentic life is within reach.

**(Concepts from Journey: Resolving the Past,
Parts I, II, and III)**

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