



to not feel so alone  
(you're not alone)



you're not alone

## Talking helps

someone  
you don't  
know?

.....

someone  
you know?

.....

**Who can you  
trust to  
confide in?**

someone  
who accepts  
you?

.....

someone  
who doesn't  
judge you?

.....

**Write down what you need to say:**

Don't bottle it up.  
Talk to someone  
you trust.



**Who will you say this to?**

**When?**



you're not alone

## What would it mean to not feel so alone?

What if feeling alone helped you to discover what really matters to you?

Maybe, if you can accept what is different for you, and for others, you might get more clarity on who you are and where you might thrive. It may help you to accept and value who you are rather than strive to be the same as everyone else.

Some people like to be alone. It doesn't mean they are lonely. They feel good in their own company. Some people need to be with others to feel good.

It can be difficult to be kind to yourself if the environment you are in is harsh; if the media you use leaves you feeling inadequate; if the people around you are very different to you, if you don't really share the same beliefs as them, if you don't really want to behave like them.

If you are trying to make yourself fit conditions that are not really 'you', then feeling alone may just help you to clarify what really matters.

### Describe what it would be like if you didn't feel alone.

What would be different?

How would you be feeling?



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**The following questions can prompt you to discover more about yourself.**

*If you find them difficult to answer, there may be clues in the opposites.*

**When and where do you feel 'at home' in yourself and with others?**

*If you can't recall a time when you have felt at home in yourself or with others, identify what makes you not feel at home and reflect on the opposite - what would mean you felt more at home, accepting of yourself and at ease?*

**When in your life have you felt a sense of belonging?**

*If you can't recall having a sense of belonging, what are the situations and circumstances where you feel you don't belong? Reflect on the opposite of this - what would mean you felt like you belonged?*

**What did you love (doing) as a child?**

*If you can't remember anything that you loved doing as a child, ask yourself what you would have rather done instead of the things you didn't enjoy.*

**What are you drawn to when you visit somewhere new?**

*What would you rather avoid doing when you go somewhere new?  
What do you not look forward to at all?*

**What have you learned about yourself from these questions, about what matters to you?**



you're not alone

**A change of perspective can make you feel a little bit better.**

**Who else in your town  
or country might be  
experiencing what  
you're going through?**

**...Or who else might  
be going through  
something even  
worse?**



Imagine people across  
the planet feeling  
similar feelings to what  
you're feeling.



Realising what you have in common with others across the  
world means **you're not as alone as you might think.**  
And maybe things aren't quite as bad as you think.