

Working Through Loneliness



1

CONSIDER THE PROBLEM

Describe the circumstance that made you feel lonely.

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Did the actions of others contribute to your loneliness?
If so, how?

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2

TAKE AN HONEST LOOK AT YOURSELF

What role might *you* have played in your feelings of loneliness?
(Examples: Do you struggle with low self-worth? Do you tend to
be judgmental of others or overly sensitive?)

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3

TAKE CHARGE (Galatians 6:5)

The loneliness you feel may not be your *fault*, but what would you say is your *responsibility*?

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List two *people* you could reach out to this week.

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List two *activities* you could engage in this week that would help you deal with your loneliness.

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4

CONSIDER THE RESULTS

After a week, check your progress. Has your loneliness lessened? If not, what steps can you take to try again?

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TIP: *“If you’re struggling with loneliness, first try to improve the relationships you already have; second, look for new friendships; third, revive old friendships. Just talking to an old friend can give you a great boost.”—Anne.*



For more information, read the online article “Young People Ask—Why Don’t I Have Any Friends?” Log on to jw.org and look under BIBLE TEACHINGS > TEENAGERS.