



WRAP and Loneliness

Presented By Sherri Rushman

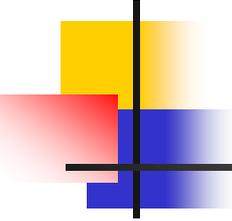
248-975-9531 or rushmans@occmha.org

December 6, 2012

Source: Mary Ellen Copeland

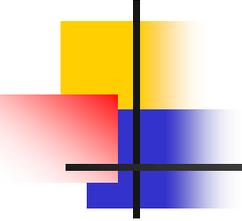
"The Loneliness Workbook"

mentalhealthrecovery.com



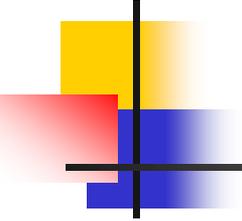
What is this Workshop Based on?

- “The Loneliness Workbook”.
- “Loneliness Study”
- Focus groups, interviews, and a written survey



What is Loneliness?

- Means different things to different people
- A description of Loneliness would include words that describe feelings
- Loneliness is an old ongoing human condition
- It is a feeling of having no common bond with people around you



Definition of Loneliness

- Loneliness is feeling disconnected and lost, even in the midst of family
- Without friends or a companion.
- Feeling like you don't have anyone who wants to be with you
- Feeling abandoned and unable to connect with anyone on either a physical or emotional level
- Being alone and not comfortable with yourself
- *What are your definitions of loneliness*

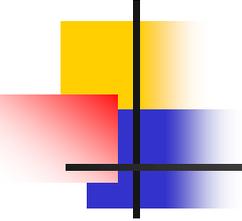
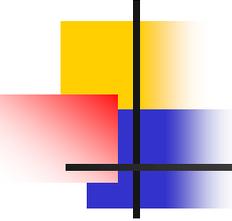


Image of Loneliness

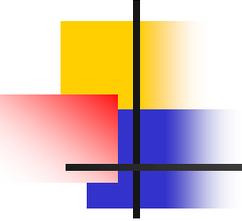
- #1 A person dreamed of a great chasm—a chasm so deep that she couldn't see to its bottom with steep rock cliffs on either side. She was alone on one side of the chasm, looking at the other side. On the other side people were talking to each other, laughing, and having a good time. There was no way for her to get to the other side where the people were. The person felt excluded and utterly alone



Continued Personal Images of Loneliness

- #2 One women said that when she was lonely, she imagines herself enveloped in a plastic bubble, just floating in space where no one can hear her and no one cares about her thoughts and feelings.

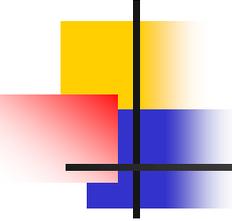
What are your personal images of Loneliness.



Sometimes There is a Reason You Can't Keep Supports or Friends

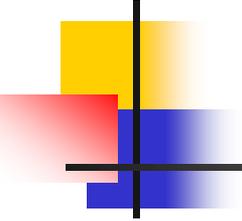
Connections Gone Wrong

- Overly dependent
- One sided relationships
- When one of the people is negative
- When one person assumes things about the other person
- Being too needy



People Avoid me-Why?

- Complaining constantly
- Being self-centered
- Being fearful of rejection
- Having low self-esteem
- Being excessively angry
- Worrying and fretting needlessly

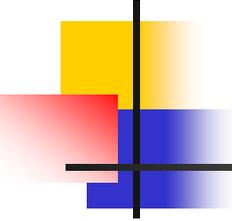


Things That Don't Enhance Relationships

- Being embarrassing
- Interrupting, You messages
- Break confidentiality
- One person doing all the talking
- Wanting you to be their only friend

Remember, There is Hope!





Connections Can Go Right

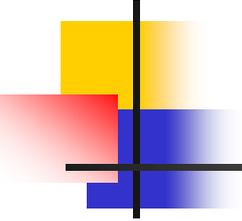
- “People being lovingly supported and supporting others are powerful contributors to our social, psychological, spiritual, and even physical well being.”
- From her research she found it is important to have at least 5 supporters.

Connections Gone Right



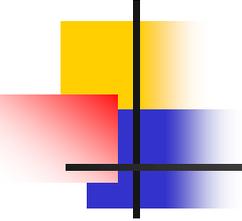
Connections Gone Right





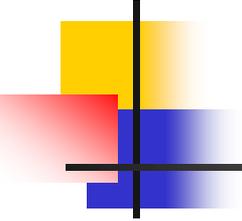
Opposite of Loneliness

- Times when you don't feel lonely
- Feel connected to people your with
- Feel that you are understood and respected
- Enjoy times with people
- Having a balance between being with others and being alone
- Feeling loved, togetherness, feeling whole and complete and a sense of belonging



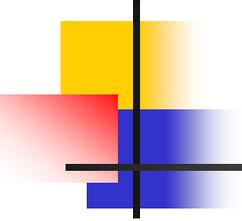
Not Feeling Lonely

- *Let's do an exploratory exercise.*
- Sit back in your chair. Make sure you feel comfortable. Take a few deep breaths. Focus on feeling not lonely. To do this, you may need to think of a time in your life when you were not lonely. If you can't think of a time, imagine such a time. Focus and enjoy these feelings.



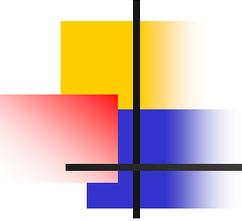
Raising Your Self-Esteem

- By exercising
- Doing things you really like to do
- Taking good care of yourself
- Develop a scrap book that celebrates you
- Make an appreciation paper
- Receiving compliments
- At night write about how you treated yourself well during the day



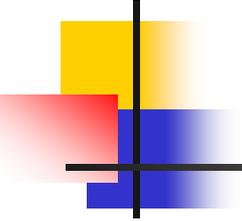
List of Strengths to Bring to a Friendship

- I am a good listener.
- I am warm and friendly.
- I like being part of a good conversation.
- I'm supportive to others.
- I have a lot of interests I like to share.
- I am very compassionate.
- I am playful and enjoy humor.



Continued List of Strengths to Bring to a Friendship

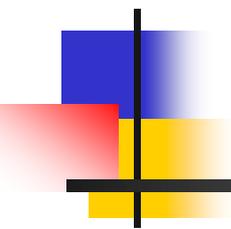
- I am passionate
- I am entertaining and witty
- I am generous and kindhearted
- I am interested in a variety of ideas, issues, and activities.
- I make it a point to affirm and validate the experiences of others.



Continued List of Strengths to Bring to a Friendship

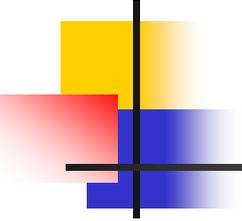
- I accept others as they are. I don't try to change them
- I enjoy sharing fun and interesting activities with others
- I will go "out on a limb" for others if they need and want me to do that

After this workshop list your strengths that make you a good friend



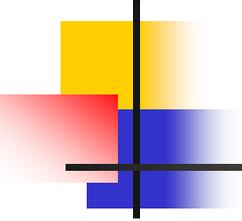
Beginning and Maintaining Relationships

- Reaching out
- Introducing yourself
- Chatting
- Arranging to get together
- Phone call check-ins
- Staying connected
- Respecting boundaries



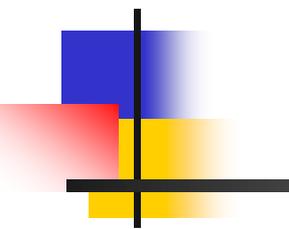
The Qualities of Good Supporters

- Someone you can trust and respect you
- Be Confidential
- Have time for you
- Who will allow you the space to change, grow, make decisions and make mistakes, who accept you-both as you are and as you want to be



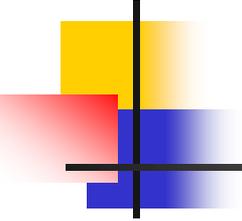
Continued Qualities of Good Supporters

- Who care about you.
- Would advocate for you.
- Make decisions when you can't and willing to follow your pre-determined plan.
- Someone who will treat you well.
- Not force advice on you.



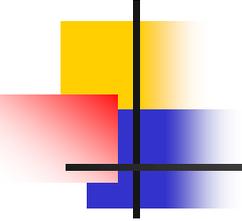
Being with Supporters

- Listening
- Sharing
- Empathizing
- Peer counseling/exchange listening
- Check-ins
- Problem solving
- Supporting through hard times
- Using “I” Statements
- Respecting boundaries



Assignment

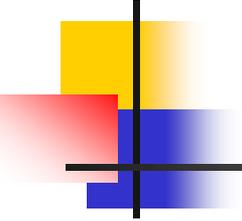
- *Describe after workshop on paper your relationships with people with whom you feel you have deep, rich friendship. If you feel you don't have any, write what you would like in a friendship.*



Assingment

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Do you have mutuality in your friendships? If you do it, you will see it works! Describe how it works for you after the workshop.



To get the “Loneliness Work Book Go to:
books@mentalhealthrecovery.com

or by phone:1-802-425-3660