



"Being alone is existing in a very real way. You open yourself to revelations. The layers of security provided by your ex are stripped away. There is no relationship to medicate the feelings that have awaited your attention all along."

Susan Anderson, Journey from Abandonment to Healing

HONOR YOUR SINGLE PHASE

HONORING CHALLENGES OF BEING ALONE AND LEVERAGING THIS PHASE IN LIFE

Alone feels good if you chose it, but not so good if it chose you. Whether you are going through a recent breakup, or finding yourself perpetually disappointed in your love-life, it is imperative to honor your aloneness and work with it rather than against it. Rejection, disappointment and being alone can feel like condemnation - like you are being punished as if you are unworthy or unlovable. If you have patterns of failed relationships or sabotaging behaviors, this makes matters even more painful.



MODERN WORLD'S ISOLATION AND ALONENESS

As a social species, it does not feel natural to be alone. In fact, studies report that isolation triggers a stress-response as if we are under threat, resulting in anxiety, panic, depressive symptoms, shame, feelings of unworthiness, loneliness, unlovability, and more. Rather than having the support of extended families and community living within proximity - nowadays millions of people are alone.



ALONE VS. LONELY

It is normal and natural to wish you had someone to belong to, to have someone to love and be loved by. Like millions of people in the world, you may feel as if you can't be happy unless you have a special person in your life. The good news is, being alone is not the problem.

Alone is not loneliness. Alone is a lifestyle choice many people choose - especially if they are selective with whom they choose to be in relationship with. Loneliness is when feelings of rejection, abandonment, emptiness, hopelessness and powerlessness are part of the equation. Learn to transform your loneliness into an enjoyable phase in life. Gain wisdom and strength to reassure yourself that you can indeed survive on your own, enjoy it, and develop an attuned, unconditional love for yourself.

HONORING CHALLENGES OF BEING ALONE AND LEVERAGING THIS PHASE IN LIFE

As you can see being alone can be painful. Describe what makes being alone hard for you specifically?

Can you see hidden benefits of being single at this point in your life?

Name specific aspects of your current single life that you can appreciate? What potential growth does it offer?

IDENTIFY YOUR BELIEFS

Solitude is a time for personal reflection, simple comforts and self-care

It is ok to be single; it is a viable lifestyle (whether I am looking for a relationship right now or not)

It takes courage to be on my own and it is not pathetic

Being alone increases self-awareness and develop new interests

Even married couples are essentially alone - they just have the gift of partnership in their life currently

Being alone is a condition waiting to be transformed into a positive experience

People who live alone survive by developing personal strengths, self-reliance, and emotional well-being

Being single is a choice... even though one may rather be in relationship... it is about choosing the right person

People gain depth and character from being alone

Many of the benefits of being alone are subtle and go over the heads of those who are in relationships

Many chose to be alone while they are focusing on specific goals and just haven't found the right person yet

It is possible I may have been too picky in the past, while waiting for the PERFECT person to show up

I am willing to open up opportunities to meet more prospective partners, while remaining selective

Now is a good time to ensure I have a list of what I want in a relationship, along with non-negotiables

Now is a good time to enjoy my singlehood, even though it is not what I wished for

Now is a good time to focus on ensuring I am on track for accomplishing my goals in life

Being single is better than being in a disconnected, distressing and/or toxic relationship

The more secure I am in my ability to feel safe and content alone, the more secure and loving my relationships are

Your ability to be alone is a skill developed in childhood. Research suggests that if you felt safe and secure with your parents/caregivers, you internalized this safety as a sense of self-trust and self-worth. During this single phase, your task is to strengthen this ability to be alone and cultivate a strong foundation of self-trust, self-compassion and self-love.

Do you recall situations that made you feel lonely and insecure as a child? Describe

Who were you most secure with - your mother, father, caregiver, grandparent? Describe how it felt being with this person.

Did you have difficulty separating from your parents/caregivers to go to school, sleepovers, camp, etc.?

How do you rate your ability to be alone as an adult?

How does your ability or inability to find comfort being on your own affect your romantic relationships?

Close your eyes and pay attention to your feelings and emotional sensations within your body. Name specific feelings.

Are you able to accept these feelings, even though they may feel painful, empty, or sad?

If you are not able to accept these feelings, what do you fear will happen if you simply accept the way you feel?

When was the last time you felt at peace with the world within your own space and aloneness?

Are you able to allow yourself to feel this sense of peace currently in this moment? If not, what thoughts or beliefs get in your way of allowing this feeling of peace and self-fulfillment?

What insights help you strengthen your ability to experience and enjoy life for yourself?

What comes to mind as something that's been getting in the way of your success in life or in relationships?

Complete this sentence with the first words and ideas that come to mind: I am dealing with the challenge of being alone right now because I've needed to work on...

Now that you have no one to answer to, impress, or worry about in terms of a romantic relationship, you can open your life up to more opportunity and exploration. Name three things on your wish list of desires:

1

2

3

IDENTIFY WHAT YOU AGREE WITH TO EMPOWER YOURSELF IN A REAL WAY

I am an able-bodied adult capable of surviving on my own

The actions required for genuine unconditional self-love is long overdue in my life

I can turn my life in a positive direction

Before I can really know love and trust, love and trust has to come from myself first and toward myself

Going through a breakup is an opportunity to learn of to find safety and peace within myself

The emotional hunger and loneliness I feel is my yearning to rebuild trust within and love for myself

Even though I may not have envisioned my life to be like this, I am exactly where I need to be to work on myself