

## HOW NOT TO FEEL LONELY

*By Piercarla Garusi, Life Coach & NLP Practitioner, Director of PG Coaching Ltd*

We all are alone sometimes, but that does not mean lonely; we can be alone and be perfectly happy, so what is it that makes us feel lonely and how can we make ourselves feel good?

But also why do we feel lonely?

I have worked with many clients who have experienced abuse in one form or another in their lives and there is a common factor, which is the feeling of loneliness they experience.

I have also worked with many expatriates who experience the same feelings.

People unhappy in their relationships or families often experience the same problem.

So, what is this feeling of loneliness that so many people experience?

Loneliness is a feeling of inner void and a feeling of loss, loss of someone and, in a way, loss of ourselves. It is a feeling of being a victim or being betrayed, or not in control of our lives.

And of course the feeling of loneliness is stronger at particular times, such as Christmas.

There is a common pattern: when we feel lonely we tend to fill our lives with work and more work, whether paid or voluntary.

And we look forward to the Christmas holidays being over in order to start the same routine again.

But between you and me, we know that this does not solve the situation, don't we?

It is important to look into the eyes of the feeling of loneliness and the pain it causes and deal with it; otherwise it will come back again and again.

Ok, what are the most important factors to feel good even if you are alone, and not to feel lonely?

First of all you need to **organize your life**, you need to establish a sort of structure.

It is a question of taking ownership and control of yourself and your life and **deciding who you want to be and how you want to live your life**.

Then **self-esteem** is a very important factor, because self-esteem is what makes you **feel good**.

You need to start liking yourself, respecting yourself, putting yourself first. Be yourself and give value to yourself.

Develop a **belief that you can create anything you want in your life**, so if you want more friends, plan in advance for the kind of friends you want, for the kind of people you want in your life, and reach out for them.

And also believe that it is ok to be alone, that you simply organize your life.

And once you are in control of your life and you feel good about yourself, you **simply decide what you want to do**.

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Create an Extraordinary Life!