My Loneliness Map

Loneliness is a signal that I need connection. It is not proof that I am unlovable.

Name: _____ **Date:** _____

1 What kind of loneliness do I feel? Circle how much I miss each one right now, from 0 (not at all) to 10 (very much)

Intimate
a close confidant who really knows me
0 1 2 3 4 5 6 7 8 9 10

Relational
friends and family I see and trust
0 1 2 3 4 5 6 7 8 9 10

Collective
a group, team or community I belong to
0 1 2 3 4 5 6 7 8 9 10

The one I feel most, and since when: _____

2 When it hits hardest Tick the times and places loneliness tends to show up for me

- ☐ Evenings or nights alone
- ☐ After scrolling social media
- ☐ After a move, loss or breakup
- ☐ After a talk that felt shallow
- ☐ Weekends and holidays
- ☐ Seeing a group I am not part of
- ☐ In a crowd or at a party
- ☐ When I am tired or unwell

Other trigger: _____

3 Lonely thoughts and what they make me do Tick a thought that sounds familiar or write my own, then note what I do and a fairer thought

The lonely thought	What it makes me do	A fairer thought
☐ No one really wants me around	e.g. decline, stay quiet	
☐ Everyone already has their people		
☐ If I reach out, I will be a bother		
My own:		

4 Connections I already have Write names, even small ones. A quiet map is not an empty map

Close people I can tell real things	Friendly people I enjoy or used to	Familiar faces neighbor, coworker, barista

One person I have lost touch with but could contact: _____

One small way to warm up one connection this week: _____

Original layout by Lotus & Tulip. A reflection and practice tool, not a test or a diagnosis.

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My Reconnection Practice Plan

Small steps, repeated, build belonging. Awkward is normal and does not mean it failed.

Name: _____ **Date:** _____

1 My connection ladder

Five steps from easiest to hardest, e.g. reply to a message, invite someone, join a group twice

Step 1 (easiest):	How hard, 0 to 10: ____
Step 2:	How hard, 0 to 10: ____
Step 3:	How hard, 0 to 10: ____
Step 4:	How hard, 0 to 10: ____
Step 5:	How hard, 0 to 10: ____

2 My 7 day connection log

One small step a day. A two line text counts

Day	Step I took	What I expected	What happened	Connected 0 to 10
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

3 One belonging experiment

Pick one group or regular place linked to something I care about, and go at least twice

The group or place, and when: _____

My prediction (e.g. "No one will talk to me"), how sure 0 to 100%: _____

Visit 1, what actually happened: _____

Visit 2, what happened, and how sure I am now, 0 to 100%: _____

For therapists and clients

1. Loneliness is a common feeling about connection, not a diagnosis. You can feel it among people.
2. Thoughts like "no one wants me" are worth testing. Research suggests this helps more than contact alone.
3. Quality matters more than numbers. One honest conversation can count more than a busy week.
4. Therapists: loneliness often travels with depression, social anxiety and grief. Check for them too.
5. Belonging builds with repetition. Going back to the same place matters more than a perfect first visit.

In the US, call or text 988 (Suicide and Crisis Lifeline) any time, day or night.

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