

# A Feeling Something Like Loneliness

Post by “Kalosyni” of December 6, 2023 at 6:38 PM

I just found an NPR [article](#) and also a website called [Project UnLonely](#)... some excerpts:

Quote

## The Three Types of Loneliness

Feeling lonely doesn't just mean you feel alone. You can be with many people but still feel like you are not really connected to them. Just like there are many types of love, there are also different types of loneliness. Knowing the different types can help us address them effectively.

To find out what kind of loneliness you're feeling, you can ask yourself a few questions:

**1. Psychological - This might be the “flavor” of loneliness you're most familiar with. How we feel about our social connections and close relationships can contribute to feelings of interpersonal or psychological loneliness.**

“Does someone have my back?”

“Is there someone that I can tell my troubles to?”

**2. Societal - This type of loneliness is all about belonging -- experiencing acceptance and safety. Societal or organizational loneliness can impact anyone in workplaces, schools, or communities.**

“Am I welcome and valued?”

“Am I safe?”

**3. Existential - Having existential thoughts or spiritual questions is a part of life, but if someone has these types of thoughts very often, or is upset by them, they can result in feelings of isolation and loneliness.**

“Does my life matter?”

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Quote

## **The Five Territories of Loneliness**

Trauma -

Trauma refers to a kind of harm that can be physical or emotional, happening suddenly or over a long time. It can be caused by stressful events like war, sexual assault, terrorism, childhood abuse, natural disasters, mass shootings or even the COVID-19 pandemic.

Illness -

Getting sick can sometimes make a person feel separated from their friends and family, as if they are dealing with life's problems all by themselves. This can happen with many kinds of illnesses, including cancer, cardiovascular issues, obesity, and mental health problems.

Aging -

Older people might feel lonely due to loss of friends or family members and cognitive decline. They might also feel left out of society due to financial issues or health challenges. Additionally, they might feel a deep kind of loneliness as they think about the end of their life and what they will leave behind.

Difference -

Feeling different from others can make it hard to feel confident about who you are, leading to societal loneliness. This can be experienced by first-generation immigrants, members of the LGBTQ+ community, people of color, people with disabilities, or anyone who may feel different.

Modernity -

The modern world has changed the ways people socialize. Instead of meeting in person, we now have options like social media, chat forums, and online dating apps to connect with others. Even though these platforms can help us connect, they can also make us feel lonely.

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Modernity is a major issue, and makes it difficult to build and maintain friendships. The website Project UnLonely suggests making art and connecting through art (but that probably only appeals to a certain number of people who already have art as a hobby).

I do think it would be a very interesting project for us here on the forum to help facilitate the development of in-person Epicurean Philosophy meetings. We could create a guidebook for how

to run the meeting as well as suggesting discussion topics, and also this forum could have a section for posting info about in-person meetings.

Part of friendship is creating the skills for making friends and being a better friend... and there is a Friendship subforum:

[Friendship](#)