

Study Done on Loneliness & Self-Centeredness (an article) & VS23

Post by “Kalosyni” of September 20, 2023 at 9:00 AM

Some further thoughts reflecting on the above article on "self-centeredness". I think a better description of "self-centeredness" is a habit of focusing only on oneself. Everyone naturally has this trait because it is a self-preservation instinct. But some people have more of this than others. Also, in our current modern times, with the internet, digital books, and digital music we can easily entertain ourselves (by ourselves) without the "hassle" of negotiating with whom and what to do. So we can keep feelings of loneliness at bay, but at the expense of interacting with other people. And imagine how many people use their spare time in this way, so that very few people are available or looking to make new friends.

I bring this up because perhaps some of us need to remind ourselves to take a break away from self-centered activities and reach out to others - and as [PD27](#) says:

"Of all the things which wisdom acquires to produce the blessedness of the complete life, far the greatest is the possession of friendship."