Chapter Outline/Overview

- Loneliness
- Solitude
- Ways we try to escape loneliness
- Shyness facts/consequences/resolving

Loneliness

- Loneliness often results from certain events in life such as:
  - Death of someone we love
  - The decision to leave a secure job for an unknown one
  - Moving to a new city
  - A long stay in a hospital
- Loneliness is an experience of feeling set apart from others
- College students suffer from more loneliness than any other age group
Solitude

- Solitude is typically something we choose for ourselves
- In solitude, we make time to be with ourselves and to discover who we are
- Solitude provides an opportunity for renewal
- Through solitude we are able to examine our lives and gain a sense of perspective

Escaping from Facing Loneliness

- Living an overscheduled life
- Striving for perfect control of the environment
- Surrounding ourselves with people
- Becoming a slave to routine
- Numbing ourselves with alcohol or drugs

Shyness: A Spectrum & Some Consequences

- Shyness as a continuum
  - Normal shyness
  - Extreme shyness
  - Social anxiety
  - Severe social anxiety
- Shyness can make it difficult to communicate effectively
- Shyness often holds people back from meeting new people
- Shyness may prevent people from expressing themselves
- Shyness often results in feelings of depression, anxiety, and loneliness
Addressing Shyness

- reduce the inner monitoring of how others perceive you
- identify situations that may elicit shyness as well as any skill deficit that contributed
- work on developing social skills
- identifying and confronting self-critical and perfectionistic thinking
- professional help