

Psychology of Adjustment PSY 131

Chapter 11 Loneliness and Solitude

Chapter Outline/Overview

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

Slide 2

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

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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

Slide 4

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

Slide 5

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

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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

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