

Managing The Fear of Loneliness

Sometime or another we will experience a time when we are alone. Some people fear of being alone for various reasons. The first step is to become comfortable with yourself and having the self-confidence that you will be able to manage being alone. There is nothing wrong with being alone. If being alone bothers you then seeing a counselor can help you with these issues. In the meantime, here is a short list of techniques that a person can use so that the fear of being alone doesn't become a major issue in their lives. The first step is to find an activity that you enjoy and where you can meet a lot of people. For instance, joining a group activity such as a volleyball group, women's club, or making Crafts can be a great way to meet people. Doing something that you like to do will make you happy and will increase your chances of making friends. Spending time with animals can be a great source of companionship. Whether you have a dog or you go to your local shelter, spending time with an animal or pet can help us to feel better. Animals can be of good company to all of us whether we are alone or not. Helping others through community service can be of some help. There are many people out there who could benefit from your time and talents. Helping others can give you a source of pride and accomplishment and also can lead to friendships. It isn't fun being alone, but sometimes there are worse things. For instance, imagine that you are married or stuck in a relationship that you can't get out of and also makes you miserable. Not only do you have to live with this person, but there is no way to get out of the relationship because of various financial or personal reasons. As a result, you are stuck living with someone that you can't stand and makes you depressed every single day of your life. With this viewpoint, being alone doesn't sound that bad. For those of you who believe in God, spending time with God and praying to him can help us in our lonely situation. Spending time with God and asking God for help in our time of loneliness can be of great comfort. You never know how God will work in ones life. Ask him for help and trust that he will help you. As a Layman, the important thing is to do something constructive. Sitting around and doing nothing will not make things any better whether its dealing with the fear of being alone or something else. Take it one day at a time and stay committed in trying to solve your problem.

About the Author

Stan Popovich is the author of "A Layman's Guide to Managing Fear" an easy to read book that presents a overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com>

Source: <http://americanahost.com>