When I Feel Lonely

> *"Adapt thyself to the things with which thy lot has been cast: and the men among whom thou hast received thy portion, love them, but do it truly."*
>
> Marcus Aurelius, Meditations 6.39 (tr. Long)

Start small. A text counts; so does sitting in a cafe or library among other people. Fill in each box with real names and places, so that on a lonely evening you do not have to think - only choose.

When loneliness tends to hit me

Times, days, places, after certain events.

EASY CONTACT (A TEXT, A VOICE NOTE)	A CALL	SEEING SOMEONE

Places I can be around people without drinking

Cafe, library, gym, class, meeting, volunteering, a walk in the park.

A good evening on my own looks like...

A small kindness I could do for someone else this week

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