

SL: Lonely AF surrounded by friends?"

PV: "Turns out, I was lying to myself..."

Ever felt lonely in a room full of people?

I used to think loneliness was just part of my personality

Seriously, back in 2019 at uni, I was drowning in "friends" yet felt completely alone.

It's like having a fridge full of food but starving because you're too lazy to cook.

I'd convinced myself I was unlucky, misunderstood, destined to be lonely forever...

Turns out, I was just really, really good at lying to myself instead of focusing the one thing that actually mattered

My mindset.

See, loneliness isn't about being alone

And that's the problem that I never understood for a very long time

Just because you're in your room by yourself, that doesn't mean you're lonely

Loneliness is a dependency for seeking validation from everyone else except yourself

So, if you're struggling to get out of that lonely mindset

I'm going to give you some practical tips that helped me escape a two-year prison of loneliness:

- ***Learn to chill with your thoughts***

Every time your mind starts freaking out, don't dodge it, face it head-on.

Think of it like shaking a soda bottle.

You've been bottling stuff up for ages, so now your brain's fizzing over.

Let it fizz out slowly and naturally

Once it settles, figure out where the noise came from, then step back you'll understand where are these thoughts coming from

- ***You aren't your thoughts***

Your brain is a Spotify playlist, it'll keep playing whatever songs (thoughts) you've fed it.

So if you keep feeding it sad Adele playlists, guess what you'll keep hearing?

I realized my brain wasn't the DJ, I was.

When I changed the playlist, loneliness packed it's bags and left for good, and my whole life did a complete 180°

Remember, your thoughts only have power if you let them control you

Best regards,

Nahd jr