

LONELINESS & CONNECTION

JOURNAL PROMPTS

The space between longing and belonging.

A Gentle Note Before You Begin

Loneliness can surface in unexpected ways during grief or life transition. These prompts help you understand what your heart is longing for, explore connection in its many forms, and offer yourself compassion during seasons of emotional isolation.

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Grieve. Go. Grow

Part 1 — Naming the Loneliness

1. When do I feel the most lonely, and what emotions sit beneath that loneliness?
2. What does loneliness feel like in my body?
3. What types of moments or environments intensify my loneliness?
4. What am I truly longing for when I say I feel alone?
5. What part of me feels most disconnected right now?

Part 2 — Understanding the Roots

1. Is my loneliness rooted in missing a person, missing a role, missing routine, or something else?
2. How has grief or life transition changed my relationships with others?
3. What fears or beliefs make connection feel difficult in this chapter?
4. What past version of myself do I miss the most?
5. What emotional need keeps resurfacing for me?

Part 3 — The Relationship With Myself

1. When do I feel most connected to myself?
2. What activities make me feel present, grounded, or soothed?
3. How can I offer myself companionship on the days I feel most alone?
4. What helps me feel emotionally safe within myself?
5. What is one small act of kindness I can give myself today?

Part 4 — Reimagining Connection

1. What does connection look like for me now compared to before my loss or transition?
2. Who in my life helps me feel seen, supported, or understood?
3. What relationships drain me — and what boundaries might help?
4. What kind of connection feels missing (friendship, emotional intimacy, community, touch, presence)?
5. What step — even tiny — could help me reach toward connection this week?

Part 5 — Connection Through Travel & Movement

1. How does solo travel influence feelings of loneliness or connection in my life?
2. What version of myself shows up when I'm traveling alone?
3. What kinds of places make me feel most connected — to myself or to the world?
4. What small interactions while traveling have made me feel less alone?
5. When I imagine exploring somewhere new, what emotions arise — hope, fear, curiosity, possibility?

Part 6 — Building Belonging & Hope

1. What communities or spaces (online or in person) could help me feel more supported?
2. What new types of relationships or connections am I open to now?
3. What does emotional belonging feel like to me — and where have I felt it before?
4. What gentle hope is emerging around connection in my life?
5. What intention do I want to hold about relationships and belonging moving forward?

