Lonely in a Loving Relationship

A reflection sheet for Episode 17 · From the Therapy Room

This sheet is for you to think with. There are no right answers and nothing to fix. Take what fits. Leave what doesn't.

1. Which of these felt like yours?

Tick any that did. More than one is fine. None is fine too.

☐ **The old tinted glasses:** an old belief that the care I need won't really come

☐ **Two masks at one table:** we both play our roles well, and nobody has met anybody

☐ **The loop:** on lonely days, even kind words seem to prove I'm not wanted

☐ **The leftovers:** work and children get the best of me, and what's left goes home

☐ **The way I was taught** to feel (or not feel) as a boy or a girl, or in my family or culture

☐ **The older ache:** a longing no single person could fully close

☐ **Something else:** _____

2. Notice

- When does the loneliness show up most? (A time of day, a place, a particular moment.)
- Where do I feel it in my body? (Chest, throat, stomach, somewhere else, nowhere.)
- On a lighter day, how might the same moment look?

3. A few questions to sit with

- When did I last feel truly met by someone? What was happening?
- What do I usually say when I'm asked "how are you?", and what is the fuller answer?
- Which mask do I wear most easily? When did I learn to wear it?
- What did love look like in the home I grew up in: words, actions, silence?
- What do I wish someone would ask me?
- Is there a small, curious question I haven't asked my partner in a while?

4. If you'd like to talk about it with your partner

These are not scripts. They are doors.

- "I've been missing you."
- "What's been on your mind lately?"
- If you're the one listening: "Tell me more," and then just listen.

A note. Everything here is about the quiet kind of loneliness. If a relationship involves fear, control or being put down, that is a different and more urgent matter. Please speak to someone you trust or a professional. If this feeling has become a heaviness that doesn't lift, that deserves proper support too.

This is education, not therapy. If you're struggling, please reach out to someone you trust or a professional.

Sessions are held online and are open to clients internationally. chetnamindfulness.com