

Can you identify loneliness?



Do you know the difference between social and emotional loneliness? Can you recognise your own feelings of loneliness? This test can give you answers to these questions.

Assess how often you experience feelings such as those in the following statements, and circle the respective number.

Social loneliness

	never	rarely	sometimes	often
1. I feel like a part of a friend group.	4	3	2	1
2. I have plenty in common with the people around me.	4	3	2	1
3. I feel like I am left outside of the circle.	1	2	3	4
4. I feel isolated from other people.	1	2	3	4
5. I can find company when I want it.	4	3	2	1
6. I think it is sad that I am so withdrawn.	1	2	3	4

Social loneliness means that one does not have friends or a group to belong to. Social loneliness may be related to transitional stages of life, such as moving to a different city, ending a relationship, retirement or unemployment. Add up the points you have circled.

If the sum of your points exceeds 13, you are likely experiencing significant amounts of social loneliness.

Emotional loneliness

	never	rarely	sometimes	often
7. I have people that are very close to me.	4	3	2	1
8. My relationships are superficial.	1	2	3	4
9. No one really knows me very well.	1	2	3	4
10. There are people who truly understand me.	4	3	2	1
11. There are people with whom I can talk about my life.	4	3	2	1
12. I am no longer close to anyone.	1	2	3	4

Emotional loneliness means that there is no one close to you with whom you can talk about anything. Emotional loneliness may feel like being empty, even when you are surrounded by friends. Emotional loneliness can occur after losing a close, important relationship, for example. **If you are female and your score is higher than 11 or male and your score is higher than 13, you are likely experiencing significant amounts of emotional loneliness.**

Everyone of us experience loneliness at some stage of our lives. If your score indicates that you are suffering from a significant amount of social or emotional loneliness, remember that you can and should talk about it.

Do not remain alone – bring up your loneliness with someone. You can strive to actively reduce your loneliness by, for example, taking part in various hobby and recreational activities. There is also help available for loneliness through several operators, such as social services, parishes and different associations. Start by learning more about the Finnish Red Cross's friend service at spr.fi/yv and contacting Mieli Ry's phone service, +358(0)9 2525 0111.

Even if you do not experience loneliness, your actions can help alleviate other people's loneliness.



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