

*the*  
REFRAMING  
LONELINESS

WORKBOOK

*a workbook from*

**Sober***AF*.org  
soberaf.org

# REFRAMING LONELINESS COACHING WORKSHEET

This workbook is designed to help you learn how to reframe loneliness in a positive and productive way.

It will provide you with questions, step-by-step instructions, exercises, and examples to help you gain a better understanding of loneliness and how to deal with it. Please take the time to complete each exercise and answer the questions as honestly as possible.

## LET'S GET STARTED

What are some negative thoughts or feelings that come up when you think about loneliness?

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How do these negative thoughts or feelings make you feel?

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What is the difference between loneliness and solitude?

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What are some of the benefits of solitude?

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What are some things you can do to make the most of being alone?

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How can you reframe loneliness in a positive way?

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What are some things you can do to make loneliness a more positive  
experience?

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## EXERCISES

Take some time to reflect on your answers to the questions above.

Write down your thoughts and feelings about loneliness.

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Make a list of all the activities you can do when feeling lonely.

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Write down a list of positive affirmations that you can use to reframe  
your loneliness in a positive way.

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### EXAMPLES

- I am worthy of love and connection.
- I am not alone.
- I am capable of handling loneliness.
- I can find joy and peace in solitude.

## EXERCISES

Make a list of things you can do to make the most of your alone time.

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Make a list of people you can reach out to when you feel lonely.

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