


YOU AT TMP
Loneliness in a
Broken and
Healing world
Week 1
YEP, IT'S A THING

March 2024
Carolyn Klassen
CarolynKlassen.com



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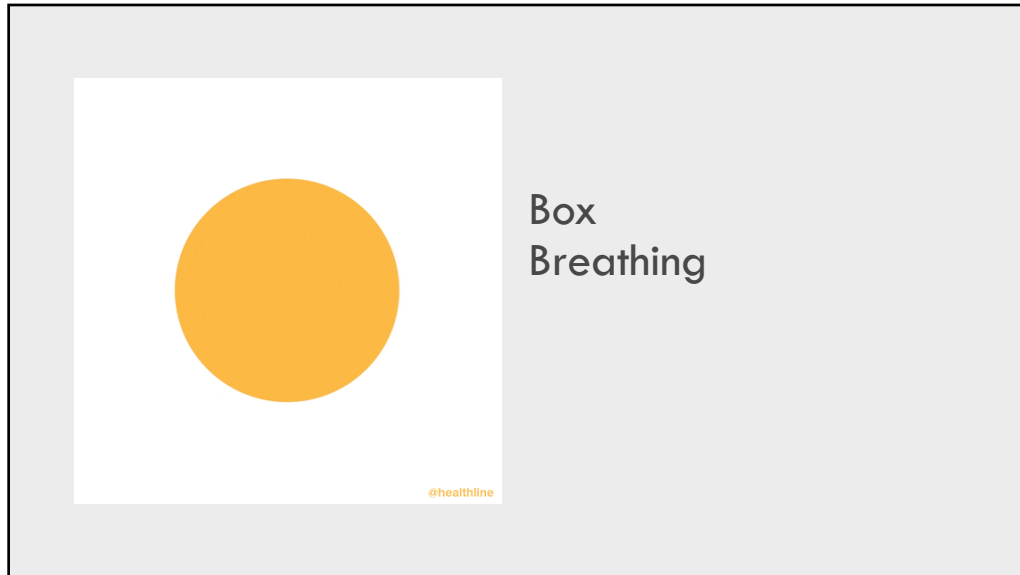


For slides and resources,
and to sign up for the
“Wired for Connection”
newsletter!

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3



4

Discussion

- Fist to five—without explanation
- What do you need from today including our discussion to be successful?

A photograph showing the silhouettes of three people climbing a mountain peak. They are reaching up towards a bright sun that is low on the horizon, creating a lens flare effect. The sky is a mix of orange and yellow, and the mountain is dark against the light.

5


When you find yourself lonely, on a scale of 0-10 how comfortable are you telling people?

204 688 7001

Nobody wakes up in the morning saying "I want to feel lonely!"

It's hard to be lonely

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It's normal to be lonely in
2024 in Winnipeg.
You're not weird.
The world is.

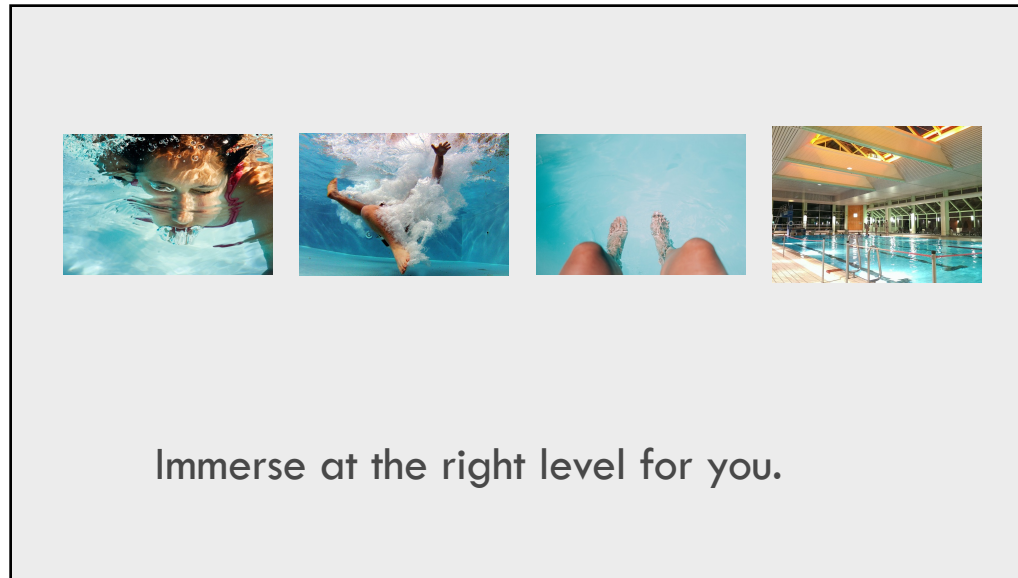
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Observe deep
confidentiality

Thank




8





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3 weeks—the pattern of study

- 

STATISTICS
- 

SCIENCE
- 

STORY
- 

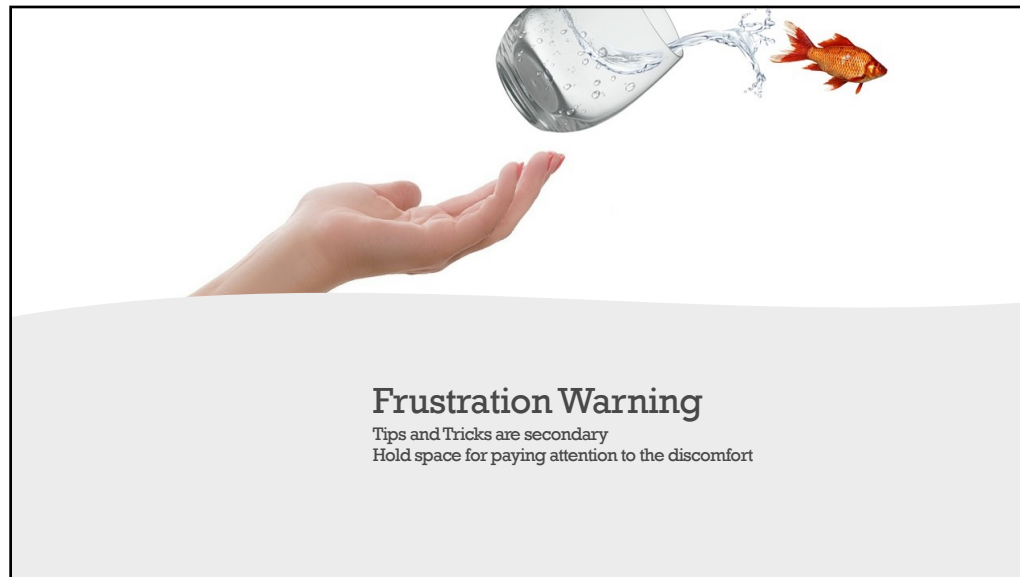
EXPERIMENTS
HERE
- 

EXPERIMENTS
“OUT THERE”

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Loneliness

Loneliness is a mismatch between the quality and quantity of relationships that you have and those that you need

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Loneliness

What does your loneliness feel like?

If your loneliness was a shape or color or animal or image, what would it be?

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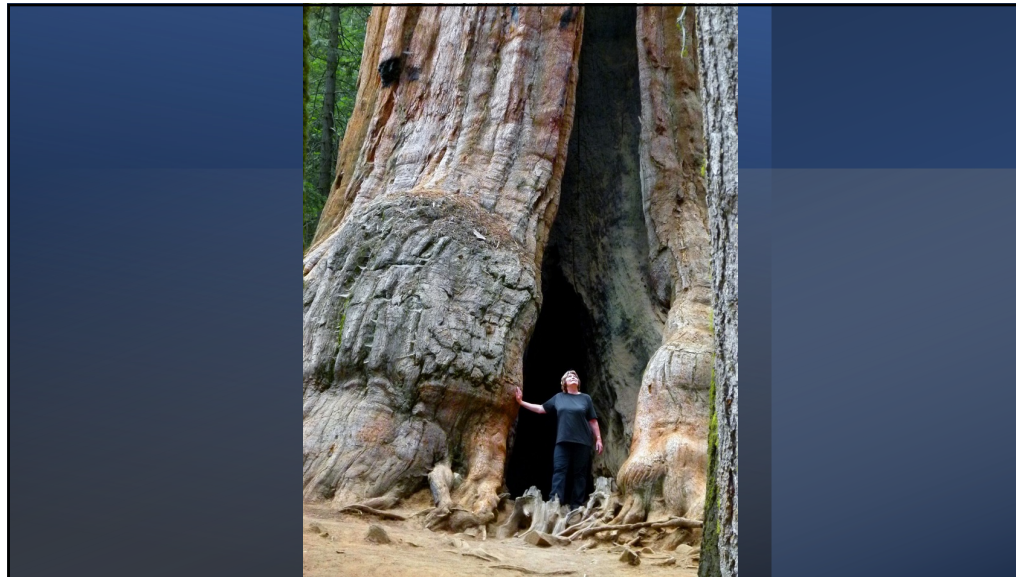
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Sequoia Trees -
80 metres tall

- Look for the six foot tall man at the bottom!

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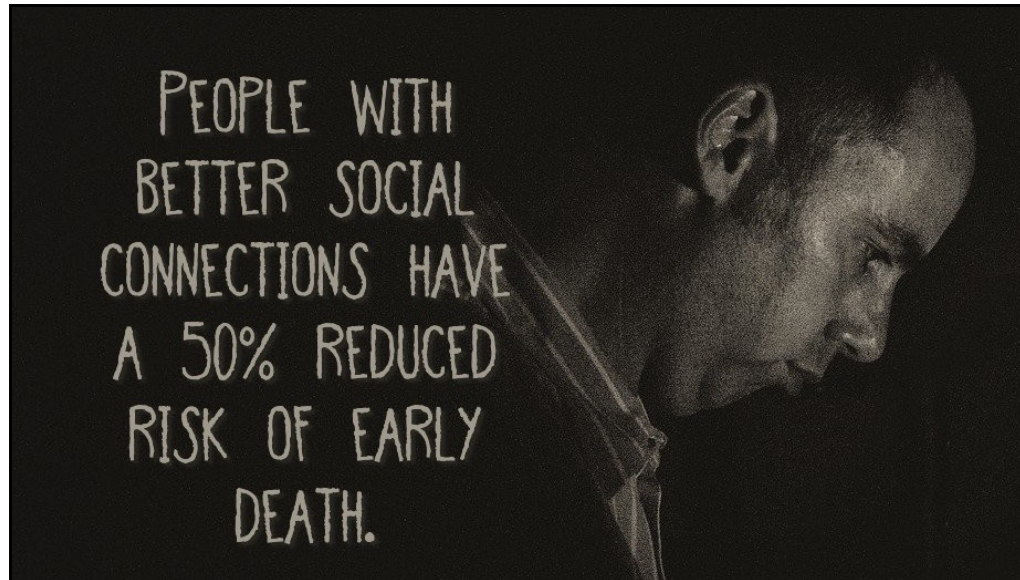
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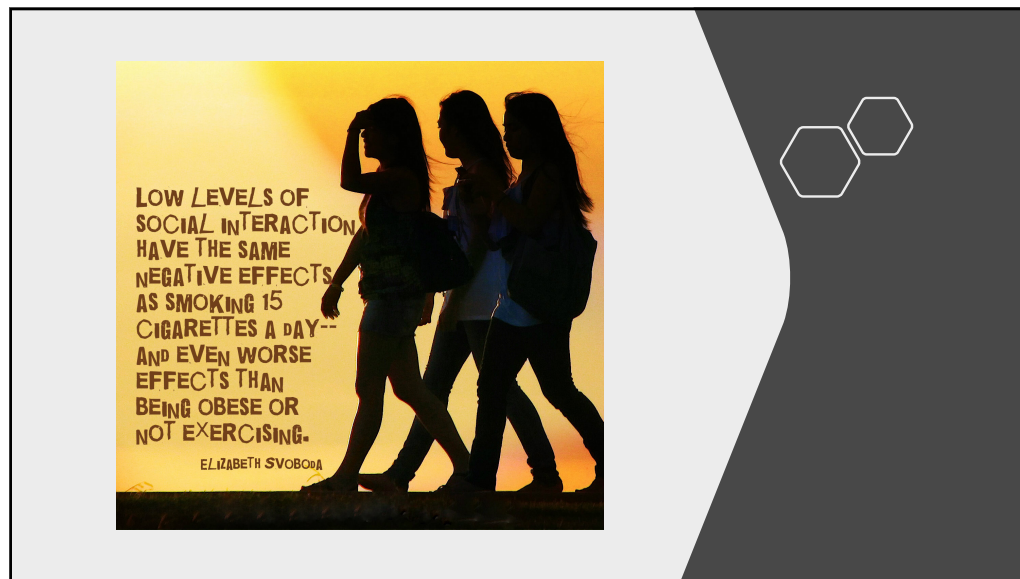
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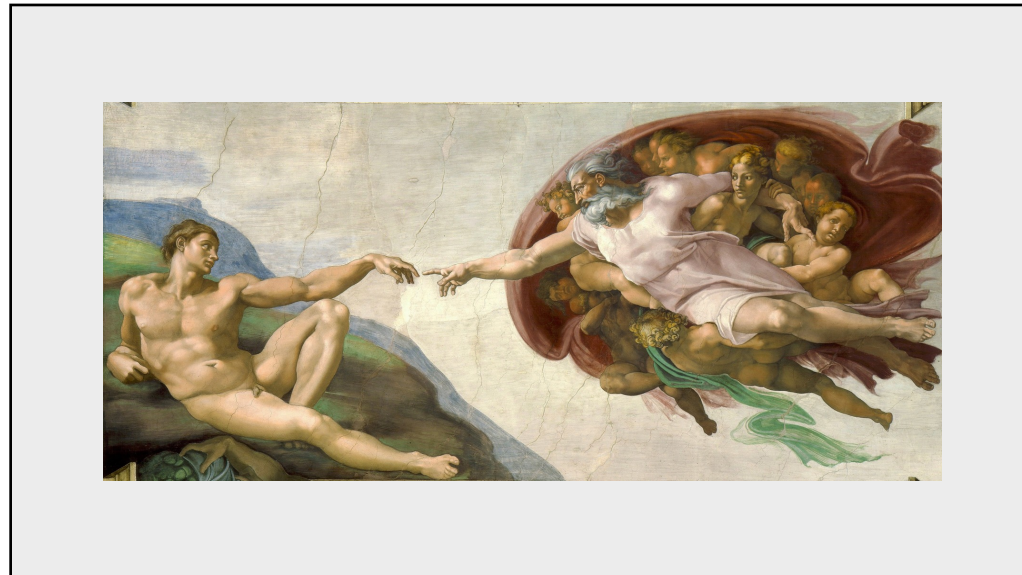
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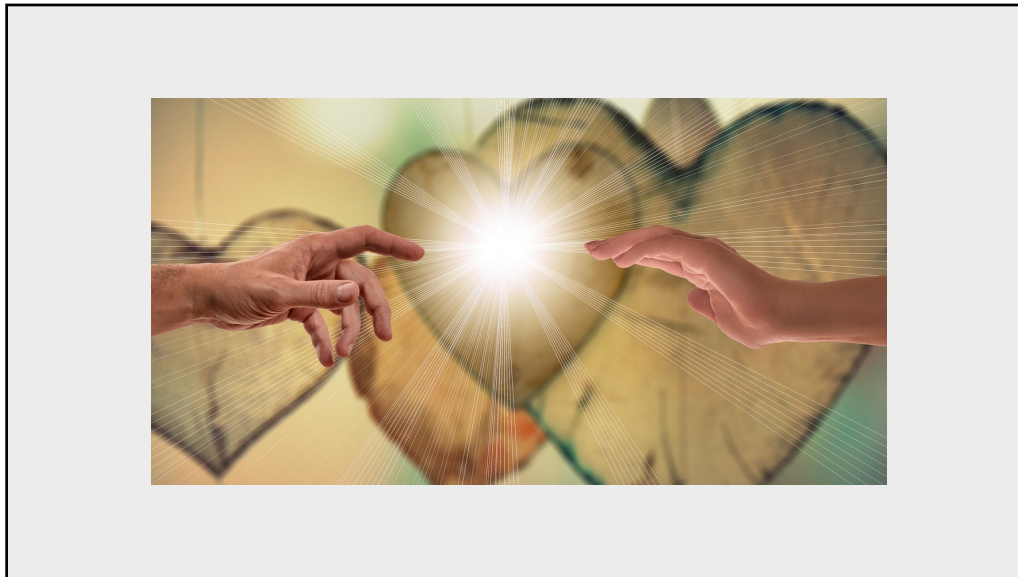
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E.T.

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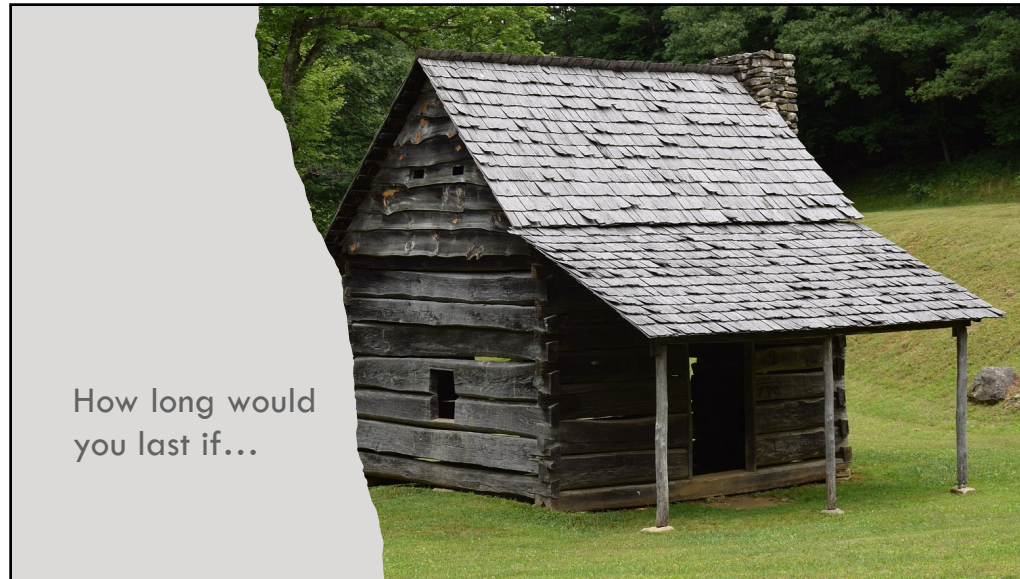
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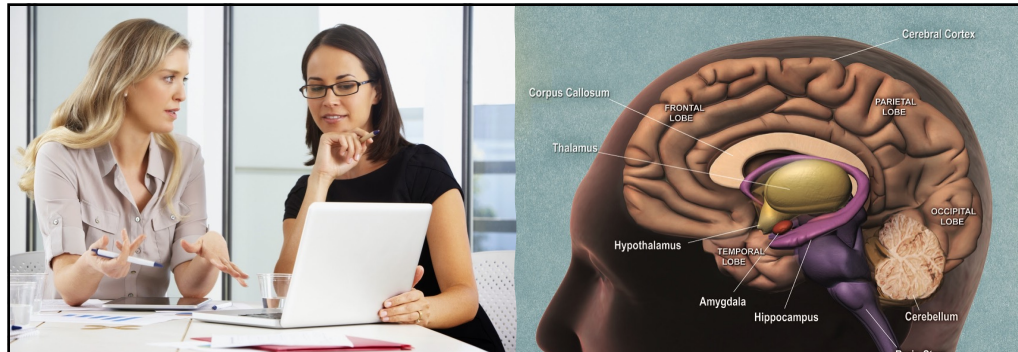
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The image is split into two parts. On the left, two women are sitting at a table in a meeting, looking at a laptop. On the right, a sagittal cross-section of a human brain is shown with various parts labeled: Cerebral Cortex, Corpus Callosum, Frontal Lobe, Parietal Lobe, Occipital Lobe, Thalamus, Hypothalamus, Temporal Lobe, Amygdala, Hippocampus, Cerebellum, and Brain Stem.

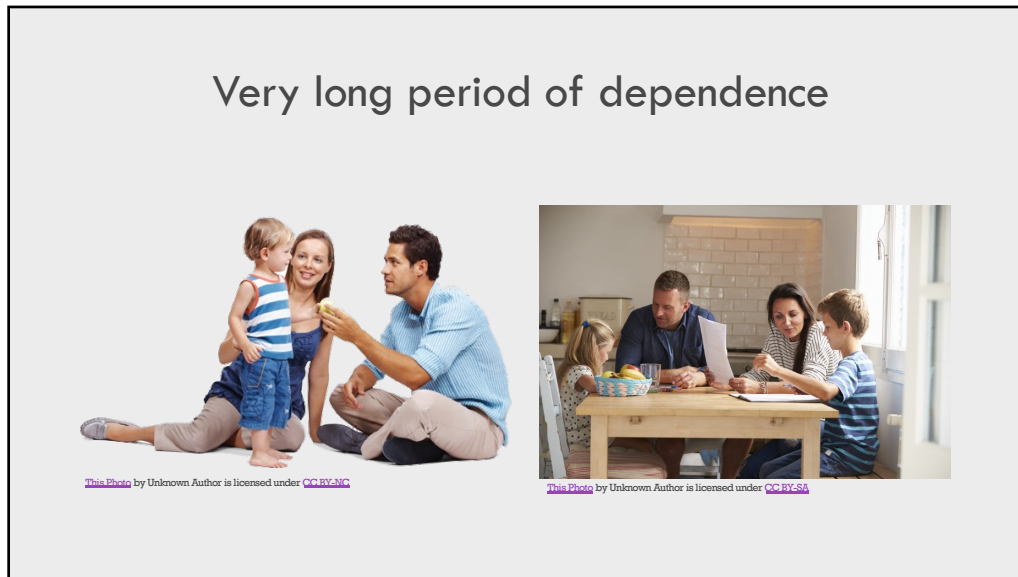
We are separate beings

- We have our own ability to make decisions
- We recognize that we can engage others in ways we choose

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Very long period of dependence



Two photographs are shown side-by-side. The left photo shows a family of four sitting on the floor, smiling. The right photo shows a family sitting at a table, looking at a laptop together.

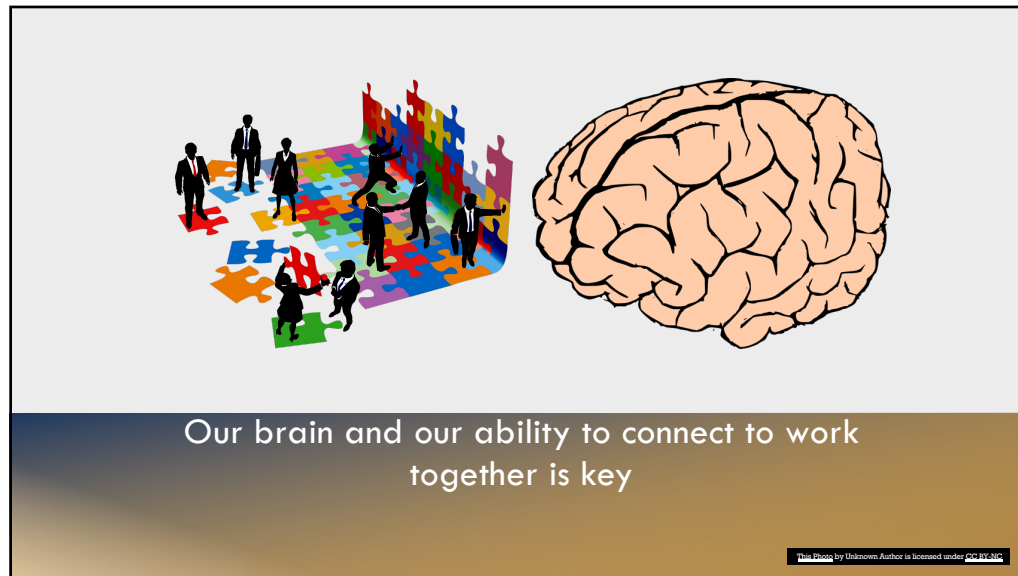
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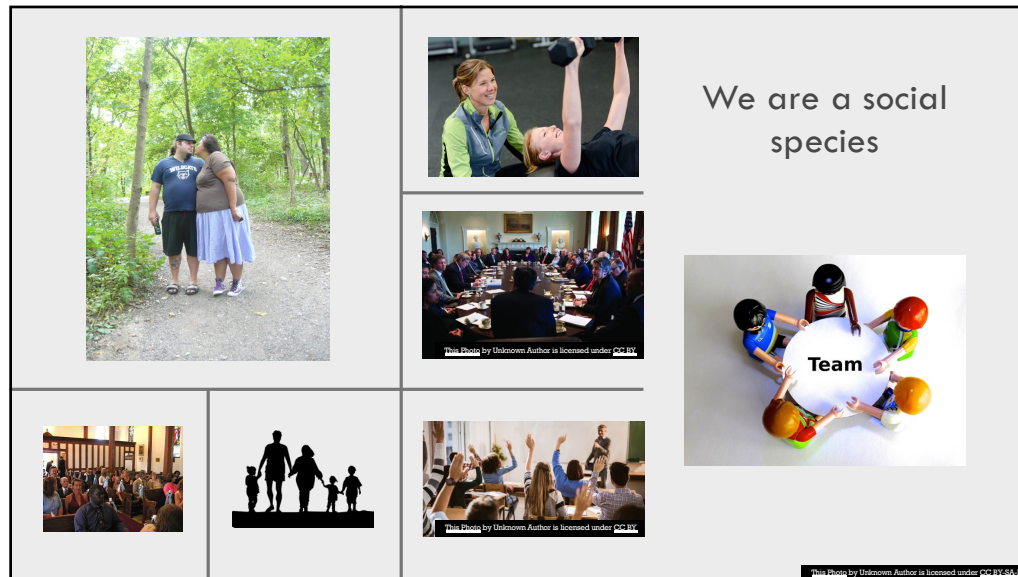
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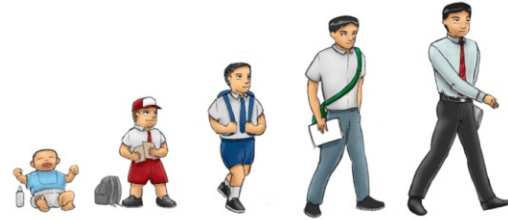
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For a human to grow into a adulthood– is not to become autonomous and solitary, it's to become the one on whom others can depend.

John Cacioppo



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Aversive Signals

Motivate us to act in ways that are essential to our survival

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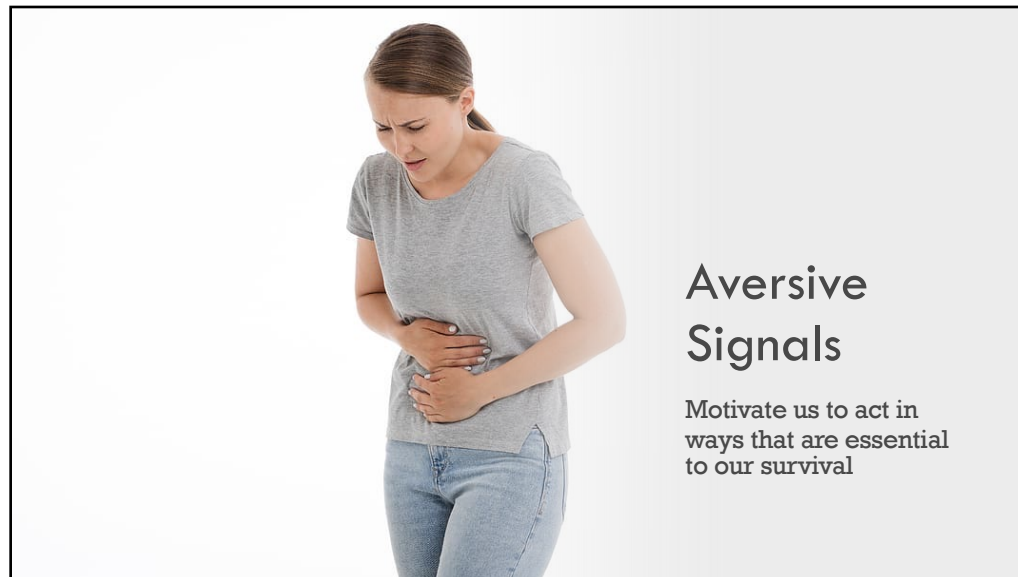


Aversive Signals

Motivate us to act in ways that are essential to our survival

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Aversive Signals

Motivate us to act in ways that are essential to our survival

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If you told someone that you are lonely, what is the story you tell yourself about what they would think about you?

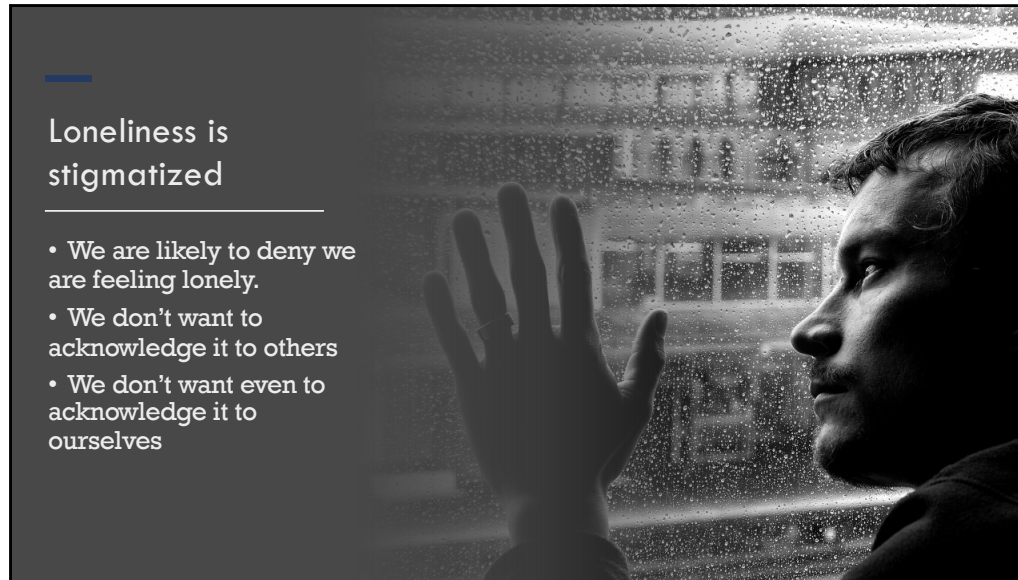
It's hard to be lonely

204 688 7001

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Loneliness is stigmatized

- We are likely to deny we are feeling lonely.
- We don't want to acknowledge it to others
- We don't want even to acknowledge it to ourselves

A black and white photograph of a man in profile, looking out a window. His hand is pressed against the glass, which is covered in raindrops. The background shows a blurred city street scene.

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Being lonely isn't just sad, it's dangerous

A photograph of a brown rat standing on its hind legs, facing left. The rat is positioned to the right of a circular text box.

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Being lonely
isn't just sad,
it's
dangerous



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If a person is lonely,
when something
socially dangerous is
presented to that
person, their brain
pays more attention to
the danger—

and the part of their
brain that takes care
of others with empathy
becomes less active.



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Lonely people
become focused
on self
preservation

A photograph of a person sitting alone on a wooden pier or dock. The person is silhouetted against a bright, hazy sunset over a body of water. They are sitting with their back to the camera, hunched over with their head buried in their arms, conveying a sense of loneliness and despair.

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Being deeply
lonely seemed to
cause as much
stress as being
punched by a
stranger

Lost Connections
Johann Hari

A close-up photograph of a person's hand with a clenched fist. The hand is in the foreground, slightly out of focus, against a blurred background of a person's face. The lighting is dramatic, highlighting the texture of the skin and the tension in the hand.

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Loneliness increases depressive symptoms

- This protects you from having social conflict
- And it may pull for care, concern and protection from others



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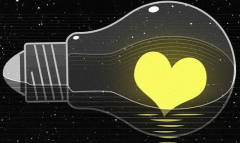
Loneliness increases cortisol levels

- To prepare you for another dangerous day
- And imagine how hard it is to sleep peacefully when you lay down your head without safe social surround
 - Creates disrupted sleep
 - Decreases the detoxification effect of sleep



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A deep sense of love and belonging is an irreducible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick.

[Brene Brown](#)

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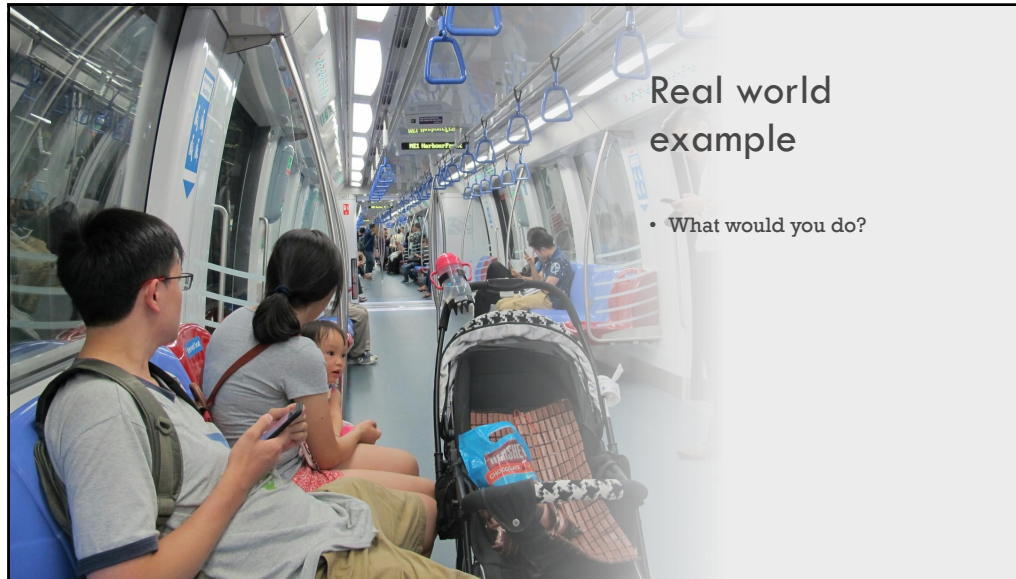
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• WHEN YOU ARE LONELY, WHAT IS YOUR "GO TO" ACTION? WHAT DO YOU DO NOTICE YOURSELF DOING WHEN YOU ARE LONELY?

- Social media
- Eat
- Sleep
- Video games
- Exercise
- [Pornography]
- ...a *single* response was about calling a person

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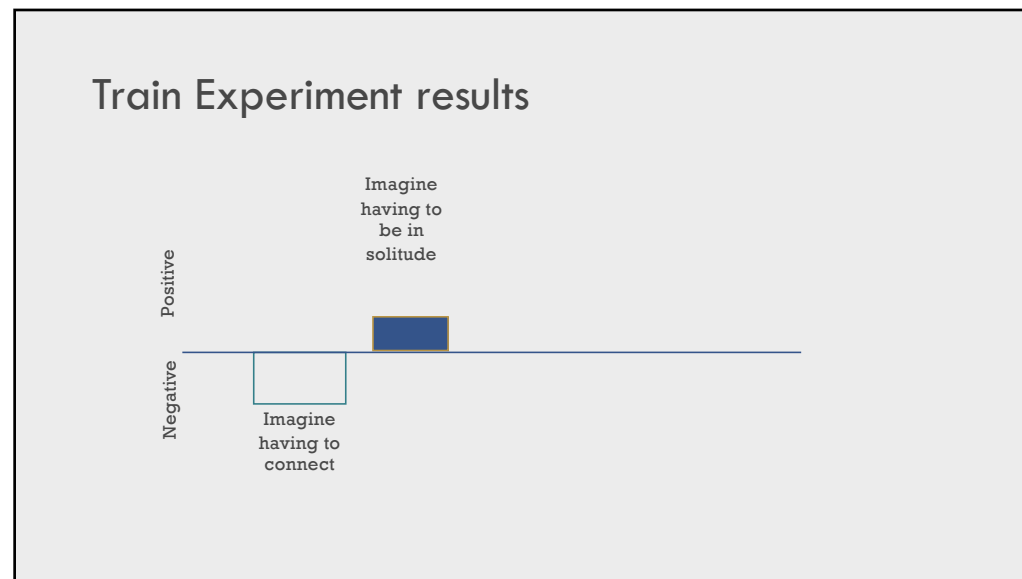
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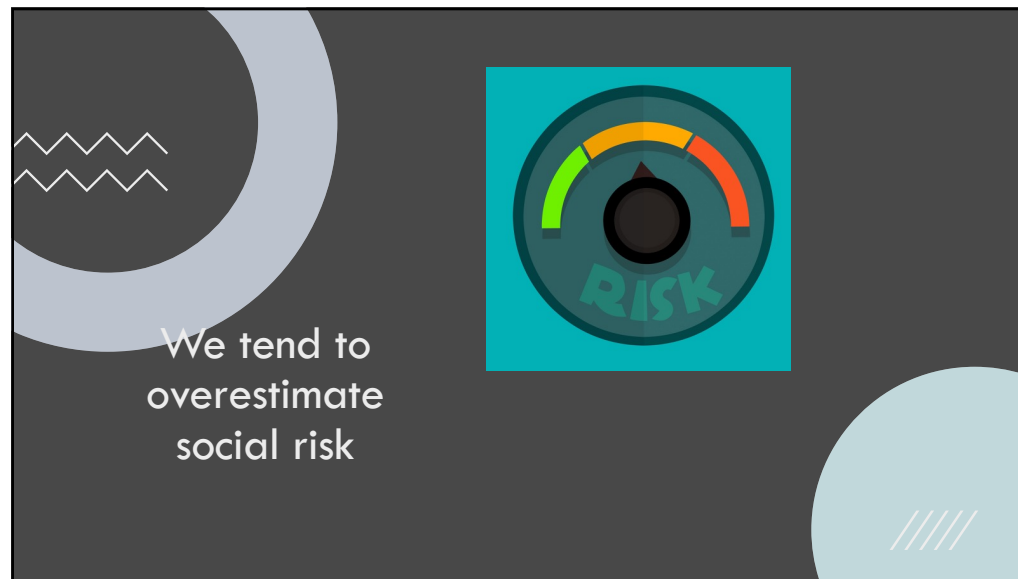
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People tend to give what they get

Rule of reciprocity



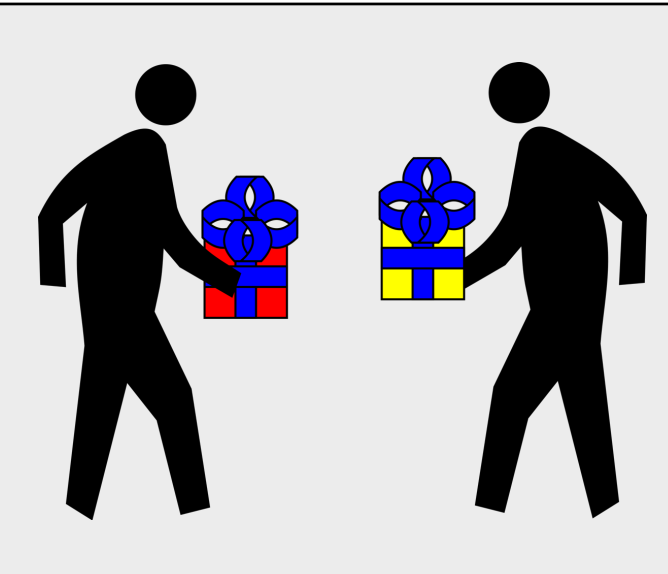
The illustration shows two black silhouettes of people walking towards the right. The person on the left is holding a gift box with a red base and a blue top, tied with a blue ribbon. The person on the right is holding a gift box with a yellow base and a blue top, tied with a blue ribbon.

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People tend to give what they get

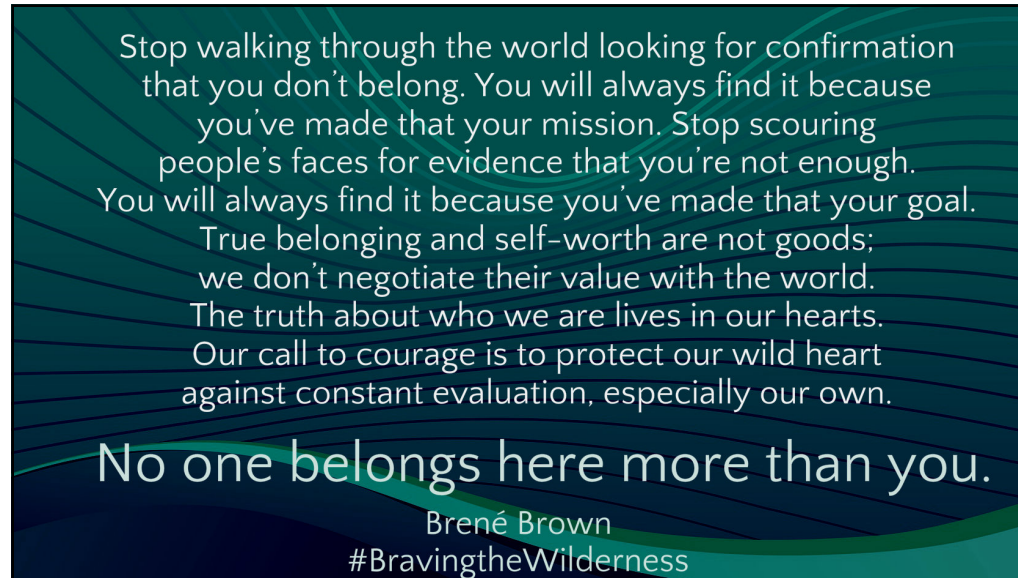
Rule of reciprocity

It's not as risky as we think

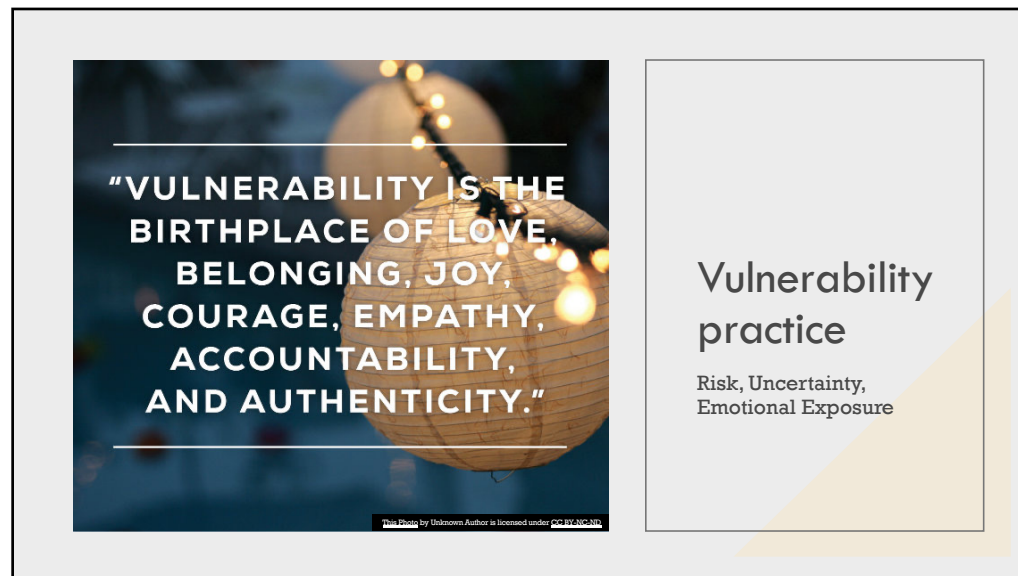


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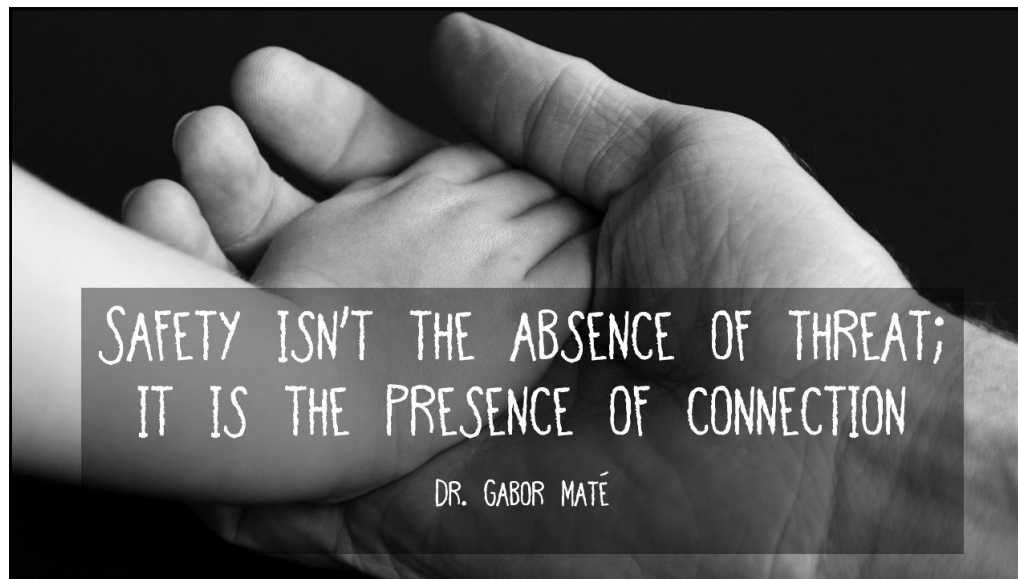


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Vulnerability practice
Risk, Uncertainty,
Emotional Exposure

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Experiments to try (if you want):

- Take the Loneliness survey on the website at <https://carolynklassen.com/speaking/tmp-loneliness/>
- Engage people in an invitation to reciprocal friendliness (please increase your sample size to as much as possible)



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