I can live alone without feeling lonely.

I can live alone without feeling lonely.

I understand what it means to feel lonely. Also, I know what it is like to live alone. However, living alone and being lonely are not the same things. ***I no longer confuse living alone with feeling lonely.***

In the past, loneliness consumed me when I was by myself. Now, I know that I can live alone and feel secure. Although fleeting feelings of loneliness might come to me, they leave as quickly as they arose.

When I live alone, I am able to delight in all my choices. I can do what I want to do when I want to do it. I can decorate as I please. I can even cook, eat and go shopping whenever the mood strikes me.

When I live alone, I can enjoy the peacefulness and serenity that surrounds me. I can read a novel or listen to my favorite music on my own schedule.

My home is my sanctuary and place of safety. It is my shelter from the world. In my own space, I am surrounded by all the special possessions that feel familiar. Being in my home alone settles my soul.

Today, I strive to feel totally safe and secure when I am alone in my home. I choose to take joy in all of the experiences available to me when I am in my home by myself.

Self-Reflection Questions:

1. How have I confused living alone with loneliness?
2. Do I consciously design my space in ways that bring joy and security to me?
3. Are there areas of my home that make me feel uncomfortable? If so, what can I do to banish such feelings and change those areas of my home?