



# How to Be Alone Without Feeling Lonely

*Dr Ida Greene PhD, PhD, Ida Greene*

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Being alone is an interesting state, some people do well with it and other abhor being alone. Our society does promote togetherness, partnership family and love. The challenge we face in life is how we set ourselves up to fail with all our false beliefs about our self, life and the aging process. Aging is something beautiful, just as growing up is beautiful. We grow from a child, to a teenager, to a young woman or a young man. We also have beliefs about being alone or living alone. We like and want companionship however, we become afraid when we are alone or have to live alone. Perhaps it is because we are afraid to be alone with our self and our thoughts.

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