

CHEAT SHEET • IF YOU ARE ALONE

Cheat sheet for people who are alone.

You are not behind, and you are not the problem. Start with one small thing, and let some of it come to you.

Not every hardship is a test, and nothing here is graded.

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Say hello to one person a day.

The cashier, the neighbor, the person at the next table. Make eye contact and use their name if you know it.

SAY "Hi, how's your day going?"

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Say yes when someone offers.

An invitation, a ride, a plate of food. You do not have to be good company.

SAY "Thank you, I'd like that."

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Ask for one small favor.

Most people like being asked, and a small request tells them you trust them. or "Would you mind holding my place?"

SAY "Could you recommend a good hardware store?"

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Pick one thing that comes to you every week.

A standing phone call, a class, a regular table at the library, a group that meets at the same hour. Once it is on the calendar, you do not have to find the courage again.

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Write a note to someone.

A card to an old friend, a former coworker, a neighbor who was kind. Say what they did and what it meant. It does not need to be long.



Help from where you are.

Write letters to people who are isolated, read aloud to a child by video, or tutor online through an established, reputable organization. Check how they screen volunteers before you sign up.



Say it plainly.

Pick one person and say: "I've been alone a lot lately. Would you want to have coffee?" A clear ask is easier for them to answer than a hint.

IF YOU ONLY DO ONE THING THIS WEEK

One hello a day. One yes. One thing on the calendar.

Loneliness is common and it is not a failure. It happens to people who are loved and to people who are doing everything right. Take these at your own pace, and skip any that feel like too much. This sheet is not treatment. If the loneliness feels heavy or won't lift, please talk to someone you trust or a professional. In the US you can call or text 988. Elsewhere, findahelpline.com lists services by country. This is practical, not religious. I think what you show with your choices is what counts. Share it freely.



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