

NOW I INVITE YOU TO TAKE
INVENTORY OF YOUR LONELINESS

THE WOLFELT LONELINESS INVENTORY	NEVER	RARELY	SOMETIMES	OFTEN
I SEE OTHER PEOPLE IN STORES AND PLACES I VISIT ROUTINELY.	1	2	3	4
I AM AROUND OTHER PEOPLE IN MY DAILY LIFE.	1	2	3	4
I CHAT A BIT WITH STRANGERS IN PUBLIC PLACES.	1	2	3	4
PROXIMITY SCORE (OUT OF 12)				
I KNOW MY NEIGHBORS AND TALK TO THEM.	1	2	3	4
I FEEL PART OF SEVERAL COMMUNITIES.	1	2	3	4
I PARTICIPATE IN GROUPS AND SHARE THE SAME INTERESTS AS OTHER PEOPLE I SOCIALIZE WITH.	1	2	3	4
I FEEL CONNECTED TO MY COMMUNITY.	1	2	3	4
COMMUNITY SCORE (OUT OF 16)				
I FEEL THAT I HAVE COMPANIONSHIP IN MY DAILY LIFE.	1	2	3	4
I FEEL THAT I HAVE MEANINGFUL RELATIONSHIPS WITH PEOPLE I CARE ABOUT.	1	2	3	4
I HAVE PEOPLE IN MY LIFE TO SPEND HOLIDAYS AND OTHER SPECIAL DAYS WITH.	1	2	3	4
I FEEL OTHER PEOPLE KNOW ME PRETTY WELL.	1	2	3	4
CLOSE COMMUNITY SCORE (OUT OF 16)				
I FEEL LIKE I HAVE PEOPLE I CAN TALK TO ABOUT MY BIGGEST DREAMS, WORRIES, AND LOSSES.	1	2	3	4
I HAVE THE AMOUNT OF PHYSICAL CLOSENESS OR TOUCH IN MY LIFE THAT I WANT.	1	2	3	4
I HAVE THE AMOUNT OF SEX IN MY LIFE THAT I WANT.	1	2	3	4
I FEEL I HAVE THE BEST FRIEND(S) I WANT.	1	2	3	4
I FEEL I HAVE THE PARTNER I WANT.	1	2	3	4
INTIMATE RELATIONSHIPS SCORE (OUT OF 20)				
I FEEL GOOD ABOUT MYSELF.	1	2	3	4
I TREAT MYSELF WITH KINDNESS AND SELF-COMPASSION.	1	2	3	4
I TAKE GOOD CARE OF MYSELF.	1	2	3	4
SELF-RELATIONSHIP SCORE (OUT OF 12)				
TOTAL SCORE (OUT OF 78)				