



Journal:

# Solitude and Silence

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# Solitude and Silence

*(18 minutes + 8 minutes optional spiritual segment)*

Quotes/Potential:

Categories (Long, et al):

1. Anonymity
2. Creativity
3. Diversion
4. Inner peace
5. Intimacy
6. Loneliness
7. Problem solving
8. Self discovery
9. Spiritual growth
10. Solitude as transition
11. Social isolation

Top importance:

1. Problem solving
2. Inner peace
3. Self-discovery

Likely benefit for solitude!

Concerns about:

Loneliness

Social isolation

Discussion/Reflection:

Do you regularly spend time in silence and solitude?

Could more time in silence and solitude be helpful?

Reactions to the categories?

Thoughts about overall "Risk vs. Benefit"?

Are loneliness or social isolation problems?

What is your prior education or encouragement about solitude?

Parents

Schools

Workplace

Society

Medical recommendations

Religious systems

Preparation:

Potential activities

Frequency

Scheduling the time

Location

Home

Nature

Safety

Discussion/Reflection:

Is this a problem for you?

Bad experiences?

Would you like for this to change?

What motivations would you have for changing?

What suggestions appeal to you most?

(Optional) Spiritually inclusive segment: