

5 Myths about Loneliness

“ Resource adapted from [Lim, M.H. \(2021, January 14\). The misconceptions of loneliness. Health Voices. https://healthvoices.org.au/issues/nov-2020/the-misconceptions-of-loneliness/](https://healthvoices.org.au/issues/nov-2020/the-misconceptions-of-loneliness/).

**1. Loneliness
only affects
older people**

**2. Making
friends should
be easy**

**3. People who
are lonely are
a burden**

**4. Something
is wrong
with me**

**5. I need to
know more
people**

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1

We are all vulnerable to experiencing loneliness. Young people aged 18 to 25 years are particularly vulnerable to feeling lonely, despite being a group that appear to be well-connected. Both younger and older people alike are vulnerable to feeling lonely.

2

Many of us believe that making friends should be easy. If it isn't, we may feel as if we are doing something wrong. Getting to know new people isn't always easy. Strong friendships are made through repeated interactions and effort over time.

3

We often think that helping people who are lonely will take up a lot of our time and energy. In reality, it requires far less effort than we may think. By taking small, regular steps over time to connect, we can greatly help others to feel included and accepted.

4

We often assume that loneliness only happens to people who are weak or socially inept. In reality, we all encounter people who are lonely and we will all feel lonely at some point in our lives. Our desire to connect is normal, since humans are a social species who thrive through meaningful connections with others.

5

Many people who live alone do not feel lonely, and many who live with others feel alone. Loneliness relates more to the quality rather than the quantity of our relationships. The 'paradox' is that we are more connected than ever, but continue to feel disconnected.