

# Loneliness Survey

This is a short survey designed to help give you some self-feedback on the topic of loneliness.

1. Marital Status

Single  Engaged  Married  Separated  Divorced  Widowed

2. Do you have children?

No  Yes, not in School  Yes, in Elementary School  Yes, in High School  
 Yes, in College/University  Yes, adult children

3. If you had to answer only yes or no. Is loneliness a struggle you have?

No  Yes

4. On a scale of 1 to 10 what would your experience with loneliness rate

Not at all  1-3  4-6  7-10

5. What do you see as contributing to your loneliness?

marriage  singleness  life stage (young children, senior)  leadership  
 mental health struggles  physical health struggles  work schedule / type of work  
 lack of close friendships  lack of authentic community  sin and disobedience  
 other?

6. Do you feel stuck in this place of loneliness?

Yes  No

7. What have you tried to help with the loneliness?

exercise  faith  counselling  sports  volunteering  
 investing in friendships  go on a date  grow your relationship with your spouse  
 getting a pet  watching movies/TV  using social media  reading books  
 developing hobbies  journaling  others?

8. Have you ever tried other ways of dealing with your loneliness?

alcohol  drugs  overeating  self-harm  pornography  
 shopping  sleep  hooking up sexually  dating  others?

9. How many deep friendships do you have? Friends who authentically accept you and you can be yourself around.

None  1-2  3-5  5+

Comment (optional)

10. I feel most lonely when...

11. I don't feel lonely when...

12. How do you think we got to this place of loneliness as a society?

**Reflection after survey:**

What do you see about yourself after completing this survey?

Any areas you need to work on?