

Am I Lonely or Just Isolated?

A self-reflection checklist for men

Use this checklist to explore whether you're experiencing loneliness, isolation, or both. This is not a diagnosis—it's a first step toward clarity and connection.

Signs of Isolation (Structural)

- I rarely see friends or close loved ones in person
- Most of my communication is online or surface-level
- I don't have many people I can call in a moment of need
- I spend most of my time alone, even if I don't want to
- I don't belong to a group or community that really knows me

Signs of Loneliness (Relational)

- I have people around me, but still feel invisible or disconnected
- I keep my deeper feelings hidden from almost everyone
- I often feel like I'm faking it or performing socially
- I second-guess if people actually like me or want me around
- I feel emotionally flat or numb even during social interactions

Both Might Be True If...

- I'm surrounded by people but don't feel known
- I struggle to ask for help, even when I really need support
- I want deeper connection but don't know how to start
- I often say I'm 'fine' when I'm actually struggling
- I don't have a space where I can be fully myself

Reflection prompt:

Which section felt most familiar to you? How might you begin reaching toward one small connection today? Therapy can be a place to start practicing that connection—no pressure, no performance.