

Le emozioni:

Accettazione di sè e solitudine



In che modo le emozioni posso sorgere? e come possiamo affrontarle o esprimerle?

Loneliness & solitude - psychology



Introduction

We all go through moments of loneliness, whether it's due to a loss, a significant change, or when our relationships no longer satisfy us like they once did.



What it is ?

Feeling lonely goes beyond being without company; it's that feeling of disconnection that weighs on the heart. It's an emotional void that often leads us to distance ourselves from others, when in reality, we need to reconnect, both with ourselves and with those around us.



The origin

The origin of the word "solitude" comes from the Latin *solitas*, which means "the quality of being without anyone else."



Solitude

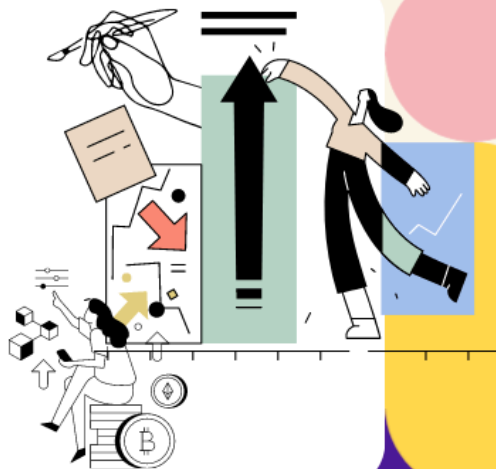
Isolation and lack of support are the characteristics that, in the collective imagination, represent loneliness. However, there is also a positive form of loneliness: I'm talking about a situation that is actively chosen, where we decide to enjoy our own company.



Definition

Over time, philosophers, psychologists, and writers have discussed loneliness as something inherent to the human experience.

They defines loneliness as "the voluntary or involuntary lack of company," but also as "the pain and melancholy felt for the absence, death, or loss of someone or something." This nuance helps to understand how the concept encompasses both an external condition and a deeply emotional experience



Self acceptance- psychology



Carl Rogers

"The strange paradox is that when I accept myself for who I am, then I can change."



What does it mean?

Accepting something does not mean resigning oneself or submitting, and even more so, it does not mean giving up the possibility of change. Accepting something means allowing reality to be what it is and developing effective strategies to face it.



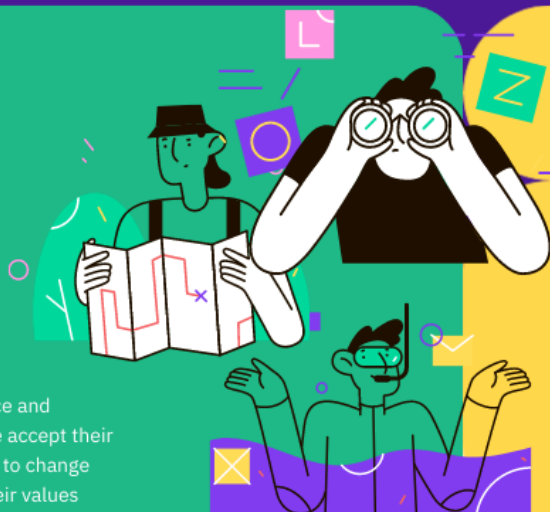
Self-acceptance

Self-acceptance in psychology is a fundamental concept that refers to the ability to recognize, understand, and embrace one's characteristics, emotions, flaws, and limitations without negative judgment.



What could help us?

A well-known approach in this area is Acceptance and Commitment Therapy (ACT), which helps people accept their difficult thoughts and emotions instead of trying to change them, focusing on living a life that aligns with their values



" Accepting oneself also means recognizing and embracing one's mistakes or failures, without allowing them to define us, but rather using them as learning experiences."

