

- HOW DO YOU FEEL WHEN YOU'RE NOT INCLUDED?
- WHEN HAVE BEEN THREE TIMES WHEN YOU WERE REJECTED? HOW DID YOU FEEL EACH TIME?  
SIMILAR OR DIFFERENT? DID YOU HAVE ANY CONTROL OVER THESE SITUATIONS?
- HAS THE EXPERIENCE OF BEING REJECTED CHANGED YOU IN ANY WAY?
- WHAT SOLITUDE EXPERIENCES HAVE HELPED YOU TO GROW PERSONALLY OR SPIRITUALLY?

## SOLO

- CAN YOU RELAX WHEN YOU ARE BY YOURSELF?
- DO YOU ENJOY TIME ALONE?
- WHEN WAS A TIME YOU WERE ALONE BUT NOT LONELY?
- HOW ABLE ARE YOU TO AMUSE AND OCCUPY YOURSELF WHEN YOU'RE ALONE?
- WHEN WAS A TIME WHEN YOU WANTED TO BE LEFT ALONE?
- ARE YOU THE KIND OF PERSON WHO NEEDS A CERTAIN AMOUNT OF TIME ALONE?
- WHERE DO YOU GO WHEN YOU WANT TO BE ALONE?
- WHAT ACTIVITIES DO YOU LIKE TO DO ALONE?
- WHAT ARE THE AREAS OF YOUR LIFE THAT YOU PREFER A WALL AROUND?
- HOW OFTEN DO YOU SPEND TIME ALONE IN NATURE?
- DO YOU FEEL THREATENED OR ANNOYED WHEN SOMEONE INQUIRES TO YOUR ACTIVITIES OR WHEREABOUTS?
- HOW FREQUENTLY DO YOU FEEL CLOSED IN BY PEOPLE?
- DO YOU EMBRACE SOLITUDE OR DO YOU RUN FROM IT?
- WHEN DO YOU FEEL MOST ALONE?
- WHEN YOU ARE ALONE DO YOU USUALLY FEEL LONELY?
- WHERE DO YOU GO WHEN YOU WANT TO GO OFF BY YOURSELF?
- WHAT ARE YOUR BELIEFS ABOUT PRIVACY AND IT'S VALUE?
- HOW DO YOU FEEL WHEN YOU'RE BY YOURSELF?
- HOW OFTEN DO YOU FEEL OVER-EXPOSED?
- HOW REGULARLY DO YOU MAKE A RETREAT?
- WHAT ARE YOUR MOTIVES FOR WANTING PRIVACY? HOW DID YOUR UPBRINGING AND ENVIRONMENT INFLUENCE THIS?
- DO YOU EVER MAKE WEEKEND RETREATS AT HOME? IN NATURE? AT RETREAT CENTERS?
- ARE THERE TIMES WHEN PRIVACY AND SOLITUDE ARE MORE IMPORTANT TO YOU THAN INTIMACY?
- WHAT ARE THE TIMES IN YOUR LIFE YOU FEEL THE NEED TO BE ALONE MOST STRONGLY?
- WHAT DO YOU LIKE TO DO WHEN YOU ARE ALONE?
- WHAT ARE THE WAYS YOU PROTECT YOUR PRIVACY AND BOUNDARIES?
- HOW MANY DAYS A MONTH DO YOU SPEND COMPLETELY IN SOLITUDE?
- DO YOU ENJOY BEING ALONE TO THINK THINGS OUT?
- WHEN HAVE BEEN TIMES YOU FELT LONELY IN THE PAST?
- WHEN WAS A TIME WHEN YOU FELT LEFT OUT?
- HOW OFTEN DO YOU FIND YOURSELF FEELING LONELY?
- WHEN WAS A TIME WHEN YOU FELT NO ONE UNDERSTOOD YOU?
- WHAT HELPS YOU DEAL WITH FEELINGS OF LONELINESS? WHAT MAKES YOU RUN AWAY FROM THEM?
- WHAT HAPPENS WHEN YOU FEEL LIKE YOU DON'T BELONG IN A PARTICULAR GROUP OR PLACE?
- WOULD YOU BE ABLE TO ENJOY BEING IN BEAUTIFUL SURROUNDINGS WITHOUT SOMEONE TO SHARE IT WITH?
- DO YOU FEEL UNCOMFORTABLE GOING TO A MOVIE OR OUT TO EAT ALONE? IF SO WHAT IS IT THAT BOTHERS YOU?
- HOW DOES IT FEEL FOR YOU TO BE A STRANGER SOMEPLACE? WHAT DO YOU DO WHEN YOU FEEL THIS WAY?
- WHEN YOU ARE REJECTED WHAT DO YOU FEEL?
- DO YOU FEEL OTHERS HANDLE REJECTION SIMILAR TO YOU OR DIFFERENTLY?
- WHAT DO YOU USUALLY DO FOLLOWING A REJECTION? DO YOU TEND TO IGNORE, TREAT BADLY THOSE WHO HAVE REJECTED YOU?
- WHEN YOU ARE REJECTING WHAT DO YOU FEEL?
- HOW DO YOU FEEL WHEN SOMEONE YOU LIKE DOESN'T PAY ANY ATTENTION TO YOU?
- ARE YOU OK WITH NOT GOING ALONG WITH THE CROWD?