Subject: Benefits of solitude
Posted by Singlow on Mon, 03 Apr 2017 22:01:33 GMT
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Do you ever feel that too many people around you are 'fake' and that sometimes you would be much better off alone than in their company? I am starting to feel that way about most of my friends from childhood. Have I outgrown them?

Subject: Re: Benefits of solitude
Posted by Ssal on Sun, 09 Apr 2017 20:18:13 GMT
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I think that may very well be true and you have outgrown your friends. This happens sometimes when you take the time to work on your self and grow but the people around you stay the same.

Subject: Re: Benefits of solitude
Posted by Lily on Tue, 11 Apr 2017 02:12:05 GMT
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I believe that it's always a good idea to get to know yourself and to like and love yourself fully before you can expect anyone else to enjoy your company and most people fail in their relationships because they fail to grasp this one simple concept.

Subject: Re: Benefits of solitude
Posted by SamW on Wed, 16 May 2018 10:43:48 GMT
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There are a lot of benefits to solitude and I seek it regularly. With reference to your friends from childhood whom you are now finding 'fake' that can happen, and I've experienced something similar. I don't know whether I'd use the word 'fake' - but things just seem shallow with some people with whom I once had meaningful relationships.

It struck me that I might seem more shallow (or 'fake') to them. The periods of solitude can reconfigure relationships and friendships that maybe we have begun to take for granted.

Subject: Re: Benefits of solitude
Posted by Kinsley on Thu, 07 Jun 2018 19:46:49 GMT
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It's possible that you've outgrown them. I don't think there's anything wrong with that either. I've grown apart from plenty of people over the years because we grew into different people. It's natural. I think solitude can be a great thing but it's possible to get too much of it. I was alone a lot

for the better part of two years and it took me a while to get comfortable with being around people again. I swear that's when my social anxiety first kicked in.

Subject: Re: Benefits of solitude
Posted by Rusty on Sun, 17 Jun 2018 14:51:57 GMT
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I think there's too many people much less people I do not wish to spend the time that I did in their presence with. All part of living I believe. I like taking hikes within the urban trails available to me during cooler weather. Some semblance of nature surrounding you seems to be soothing to the mind. And a good hike is invigorating to the body as well.

Subject: Re: Benefits of solitude
Posted by sawyer25 on Sun, 07 Oct 2018 15:26:39 GMT
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Ssal wrote on Sun, 09 April 2017 15:18 I think that may very well be true and you have outgrown your friends. This happens sometimes when you take the time to work on your self and grow but the people around you stay the same.
I agree with you. Looking back, I think I subconsciously dropped some friends along the way because we seemed to be moving in different directions. It is better to have a few real friends than have a lot of people around you, that you aren't sure about. I love solitude and I think I have too much of it sometimes.

Subject: Re: Benefits of solitude
Posted by gofar99 on Mon, 08 Oct 2018 22:37:13 GMT
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Hi, I enjoy solitude from time to time. It gives me a chance to get to "re-know" myself. I also do find that many individuals are fake in that they will say and do things they think you want. I would much rather they say and do things they want and let me decide if I like it. :?

Subject: Re: Benefits of solitude
Posted by mamoss on Tue, 09 Oct 2018 17:35:58 GMT
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One thing I have learned over time is that people appreciate it when you are true and real to them. Most of the 'friendships' out here aren't legit and true friends are few and far apart. Sadly, that is the harsh reality we have to contend with.

Subject: Re: Benefits of solitude
Posted by Rusty on Sun, 21 Oct 2018 15:23:49 GMT
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Here's an interesting approach to solitude, from an article in BBC travel. Go to, or live in Finland. Finnish culture does not indulge in small talk, (which could eliminate quite a bit of boring phony conversation). To them according to the article, "The Finnish don't believe in talking bullshit." and one of their national sayings is, "Silence is gold, talking is silver". If you want get to know a Finn, take your clothes off and get in a sauna with them. "With clothes on the bets are off", a picture with a couple says. Think I'm going to put Helsinki down on my bucket list.

http://www.bbc.com/travel/story/20181016-how-the-finnish-survive-without-small-talk

Subject: Re: Benefits of solitude
Posted by Duks on Fri, 26 Oct 2018 09:18:19 GMT
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I believe a lot of people go through a similar experience as they transition from childhood to adulthood. As you mature, you continue to figure yourself out in terms of who and what you want, or don't want in your life. You would rather have fewer friends who you can connect with, instead of many people who add negativity to your life.