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OUR JOURNALING LONELINESSES: A RESPONSE

Philip McShane

ABSTRACT

I delight in sharing Cathleen Goings cloistered imaging, singer at the heart of the universe, an image teeming with reachings: who is the singer, the sung, the song, what is the heart of the universe? So I am led to weave into my response a context for such reachings, three poems out of 43 centuries of feminine reaching that divide the reply, that subtly call us to tune into the dark womb of being that is history's unfinished symphony. There is the scavenging Spirit, there is the Jasmine Lord, there is the Singer axially named the Father, breathing all inward.

KEYWORDS

commentary

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Since loneliness is a common human experience, what should we do when it creeps up? Here are three unhealthy ways to respond to loneliness. 1. Ignore the Why. When I was in seminary, one of my counseling professors often observed that every emotion is a theological statement. Essentially, we feel the way we do because we think the way we do. So when you feel lonely, it's helpful to identify why you feel that way. What is it you want that you don't currently have? What does your loneliness express about your view of God, yourself, and your situation? Take time to evaluate what thoughts or beliefs Our research on loneliness led initially to. the development of a 20-item, self-report measure, the UCLA (University of California) Loneliness Scale as a measure and has begun. to provide a more detailed description of the. experience of loneliness. Although the UCLA Loneliness Scale is a reasonably adequate measure, several potential problems with the scale are apparent. Loneliness in teenagers is closely related to depression. In the BBC survey, feelings of chronic loneliness were associated with an increased risk of depression a year later. Research shows that lonely people are less happy, less satisfied, and more pessimistic. In addition, loneliness is a contributing factor in the development of alcohol abuse. Therefore, an isolated teenager may be at higher risk of depression and/or substance abuse. Moreover, loneliness and alienation can result in a higher risk of teenage suicide attempts. When Do Teens Feel Loneliest? We often think of winter in cold climates This guest article from YourTango was written by Brock Hansen. Have you ever been lonely in a crowd? Have you ever been perfectly content all alone? Me too. And I have also suffered from loneliness. Loneliness is a complex mental and emotional phenomenon that has at its base a powerful emotion that has survival value for children. All of us have experienced some degree of abandonment, if only for a short time, and remember the painful and scary feeling that goes along with it. Whenever we are reminded of this feeling or anticipate it in the future, we get a twinge of abandonment distress that

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ABOUT THE AUTHOR

Philip McShane
Mount St. Vincent University,
Halifax
Canada

Dr. McShane is a Professor Emeritus with the Department of Philosophy and Religious Studies at Mount St. Vincent University in Halifax, Nova Scotia.

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