

## "Morning Truth for Tender Hearts"

Wednesday, May 6

Here are the email excerpts I'll be responding to on Wednesday, May 6th, during "Morning Truth for Tender Hearts" at 6:30 AM Pacific via Facebook LIVE in the **Sensitive and Strong Sisters** Facebook group (<https://www.facebook.com/groups/SensitiveAndStrongSisters/>)

Loneliness. I live alone and am not able to visit (or be visited by) friends and loved ones due to self isolation.

My one problem would be I miss my people. I'm an introvert deep down and I like my down time, but, man, I long for the closeness and touch of my people. I miss the hugs, seeing the smiles and hearing their songs. I'm lonely. I think about the amount of touches a person needs a day and can't wait to get close to that number again. I just want to gather with my people!

While I know that everyone is feeling a bit lonely and isolated, I am a single momma of a 2 year old so I'm feeling especially lonely. I'm extremely anxious for life to return to normal, but I fear that I am learning to become even more of a hermit.

The loneliness of the elderly. Their feeling cut off from family.

I would say connection! Feeling alone. My friends and husband work all day, very little communication unless I text someone! I need phone calls, FaceTime ... connection!!

I miss others. Last week a friend of my son's from church came by to drop off a birthday card for him. I didn't realize how much I missed people. I was surprised by the joy I felt. I was tearing-up.

**What specific aspect of this email resonates most?**

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**1. Look Up:**

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**2. Notice & Name:**

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**3. Normalize:**

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**4. Neutralize:**

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**5. Make an Intentional Choice:**

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