Description of Loneliness:

THEME 1: Cut off from people

Sub-themes:

1. Loss:
   * 11. Loss in social involvement
   * 14. Loss of family through grief because of death
   * 21. Loss in meaningful and loving relationships with family
   * 22. Loss of family because of relationship of death + rejection by family
   * 25. Loss in relationship contact with family
   * 26. Loss in self-worth because of broken relationships causing self-worth
   * 7. Loss of friends + family because of life reducing

2. Feeling of Being TRAPPED:
   * 9+10. Trapped in routine and this causes depression
   * 8. Trapped because of feelings of depression + frustration caused by feelings of longing for children (physically trapped - not able to have as much contact with family)
   * 23. Trapped because of feeling of regret - keep from making contact with family.
1. Physically being trapped +
2. and not being able to physically communicate with others
   (lack in communication
   with others causes entrapment \( \rightarrow \) like/is)

3. trapped because of rejection
   by family members
4. trapped by loss of
   family members
5. stuckness is trapping her from having relationships with family

(3) Longing for people:

1. Longing for past because
   in early years they
   had more family & friends

2. Longing for past that
   was happy, beautiful
   because of family

3. Longing for children
   that live far away
   - caused frustration
   - depression

4. Longing for perfect past
   with family & husband

5. Longing for exception
   like in past - by
   children - it was
   happy then
4. Lack in communication and expression of feelings 

* 6+1 Can't seem to let memories (about ...) go + past go - keeping them from moving on. Longing for things that took place in their homes - not sure if people/activite.

* 19. Restless at night because of thoughts and memories that keep on going.

* 17+18. Memories keep on going / thoughts about life, children + everything.

* 17+18. Alone with thoughts + memories - can't communicate it to anybody.

* 23. Lack in expression of feelings of regret.

* 22. Lack in expressing feelings of rejection by others + family.

* 16. Can't communicate feelings about losses / lack in doing this.
THEME 2: Cut off from things of importance

Sub-themes:

1. Loss:
   * 7. Loss of doing something purposeful in life (loss of purpose in life is u ok this)
   * 20. Loss of ownership are things of importance
   * 21. Loss of control over things of importance (job, home)
   * 22. Loss of involvement in things of importance
   * 21. Loss in activities and doing things stimulating
   * 8. Loss in activities and doing things of importance to them / to do with the time

2. Trapped:
   * 9-10. Trapped in routine of doing the same thing everyday without any other activities — this causes depression
   * 7. Trapped because of life reducing and they can't do what they use to in old life
   * 8. Physically trapped and not being able to do activities that are important to them — causes hopelessness + boredom
   * 11. Trapped by setting — prevent them from doing / taking part in activities
   * 2. Physically trapped — not being able to maybe do activities
3. Longing:

6. * Longing for past & everything that took place there which can most possibly include action.

7. Longing for doing something purposeful.

21. Longing for place of importance and what happened there (work etc).

21. Longing for being involved with the business etc.

11-13. Longing for activities that they used to take part in.

23. Longing for past where he was happy with family.

4. Lack in expression + communication:

19. Lack in expressing and communicating thoughts about current situation.

18. Lack in expressing and communicating thoughts about life... (bassy life).

2. Lack in communication causes feelings of entrapment (physically).

17. Lack in communicating memories about past.

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was pan dit in.