

Being Alone

For most people, it isn't easy being alone. Being alone can often cause depression, and the typical, modern source of comfort for both aloneness and depression is television. TV may distract you from the fact that you're alone, but it doesn't actually relieve the depression. Reading books and surfing the web fit into a similar category, and are neither substitutes for actual human interaction, nor healthy coping strategies for feelings of loneliness. All three of these -- TV, books, the internet -- relieve aloneness by providing a false sense of presence. None of them is bad, but using any of them as an emotional crutch can cause you to miss out on one of the greatest, most empowering feelings imaginable: being totally alone, and perfectly content.

Being able to be comfortable while alone is one of the most difficult abilities to acquire in life, and many people never achieve it, or even think about it. Most people are constantly seeking affirmation, approval, attention, compassion, empathy, and community with others -- these can all be positive and enjoyable, but addiction to other people is a weakness and a vulnerability.

Vocabulary

crutch - something that provides help and support and that you depend on
affirmation - emotional support or encouragement
empathy - the ability to understand another person's feelings or experience

Comprehension Questions

1. What is the modern source of comfort for both aloneness and depression?
2. What are the three things mentioned that relieve aloneness by providing a false sense of presence?
3. What do most people constantly seek with others?

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

テキスト全文はレッスン受講時に担当講師よりお受け取りください。