

④

belevens

min (2)

eensamheid

- = peace
- = adjusted.
- = settled in.
- = adapted.

⑦

- enjoy own company (self-regulation internal)

- getting involved (12)

- meaning something to others (12)

- keeping self busy (self-regulation)

- involved & interested with others

- life's set free

- previously trapped. (12)

- previously alone and trapped in life

- still lonely - hope (13)

- problems (13)

- new life (13)

Gevolge van: - support from 3 ankers (17)

- eet
- huil
- slaap
- crying (10)

gedeeltelijke
eensamheid

- = not party dae (3)

- = in die donk

- only at night

- busy during the day

- little peace at night (17)

- inability to let memories go

- need for reflection/uitdrukking van gedagtes

- Sociale betrekking (17)

- used to busy evening (lots of activities) (18)

- permanent / ongoing loneliness

Leesreenheid 1

Eensam ag

min aktiwiteit / stimulasie

mis van familie

verys / dnt terug

+ verbing na vloed / familie

lost meaning / sense in life.

loss of family member

unresolved emotions - rejection

(loss, death)

release / deal with past

memories / thoughts about the past.

denial dat hulle eintlik mensde nodig het (20)

longing for things of importance close to them.

rejected by family

many interpersonal → less interpersonal

Busy past → lonely now.