Description of Loneliness:

THEME 1: Cut off from people

Weiss model
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Sub-themes:

Alda de Wet:
- Groep teopie.
- dankbaarheid + bespreking.

(1) Loss:

* 11. Loss in social involvement
* 14. Loss of family through death / because of death ✓ graf.
* 21. Loss in meaningful and loving relationships with family
* 22. Loss of family because of death + rejection by fams → relationship gesig
* 25. Loss in relationship / contact with family (3)
* 22. Loss in self-worth because of broken relationships causing ↓ self-worth
* 7. Loss of friends + family because of life reducing

* Stuk aanhaling 3/4.
- Het antwoord is uitgeken - hierdie een illustreer dit die beste.
- Self-refleksie

(2) Feeling of Being TRAPPED:

* 9+10. Trapped in routine (2) 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) (3)
* 23. Trapped because of feelings of regret - keep from making contact with family. / trapped because of past reactions / mistakes - keeping from making contact with him

regret (emotional trapped)

* 2. Physically being trapped ① + ② ⟶
* 18. and not being able to communicate with others physically
(lack in communication with others causes entrapment → loneliness)
* 22, +25. trapped because of rejection by family members
* 16. trapped by loss of family members
* 20. Sickness is trapping her from having relationships with family.

③ Longing for people:

* 7. Longing for past because in earlier years they had more family + friends
* 23. Longing for past that was happy, beautiful because of family ③
* 8. Longing for children that lives far away - causes frustration + depression
* 16. Longing for perfect past with family + husband
* 15. 22. Longing for acceptance like in past - by children - it was happy then

trusting relationships to share.

(4) Lack in communication and expression of memories & thoughts

* 6+7 Can't seem to let memories (about ...) go + past go - keeping them from moving on
* 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 +2 Have with thoughts & memories - can't communicate it to anybody
* 23. Lack in expression of feelings of regret
* 22. Lack in expressing / communicating feelings of rejection by others + family.
* 16. Can't communicate feelings about losses / lack in doing that

longing for things that took place in their lives - not sure if people / activities

night

(3)

activities off places activities, places.

THEME 2 : Cut off from ~~things~~ of impatance

Sub-Themes:

b1. 20 - Trapped (what type of trapped - how does it fit in??

① Loss:

* 7. Loss of doing something purposeful in life (Loss of purpose in life it.v activities)
* 20. Loss of ownership over things of impatance
* 21. Loss of control over things of impotace (job, home)
* 21. Loss of involvement in things of impotance
* 11. Loss in activities and doing things stimulating
* 8. Loss in activities and doing things of impotace to them / to do with the time

(3)

* 13. Loss in doing things that they use to.

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 impatat to them - causes hopelessness + boredom
* 11. Trapped by setting - preventing them from doing / taking part in activities.
* 2. Physically trapped - not being able to MAYBE do activities.

(3)

③ Longing :

6. * Longing for past & everything that took place there which ~~co~~ most possibly included active
* 7. Longing for doing something purposeful
* 21. Longing for place of impotance and what happened there (wak etc)
* 21. Longing for being involved with the business etc.
* 11./13. Longing for activities that they use to take part in. (geeetta)
* 23. Longing for past where he was happy with family ① →

(3).

④ Lack in expression + communication :

(trusting relation to shai)

* 19. Lack in expressing and communicating thoughts about current situation
* 18. Lack in expressing and communicating thoughts about life ... (busy life) ③
* 2. ~~Lack in communication causes feelings of entrapment~~ (physically)
* 17. ~~Lack in communicating memories about past~~

(17) niemand wat aanday kan wegvat nie ...
Wad pas dit in.