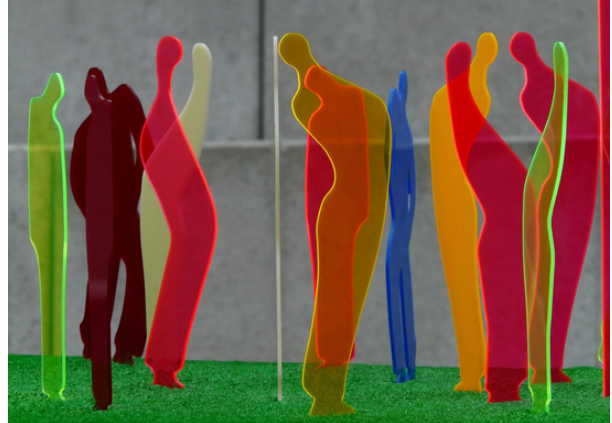


ALONE IN A CROWD

by **Stacy Feiner, PsyD**
CASE STUDY

She was alone In a Crowd. Despite being adored by the world, inside her own mind she never feels good enough.

Prone to negative self-talk, this Aa-lister was trying hard to use new strategies to stay in control of her mind and keep from spiraling into despair.



"I realize I can't talk to anybody about it," she continued:

- my parents can't handle it when I am sad;
- my friends say I have everything a girl could ever want;
- my boyfriend doesn't think I have anything to complain about;
- my sisters list out all the reasons I should feel grateful;
- and although I work with incredibly talented people, they have their own things to worry about.

"I am all alone in the world," she whispered. "How will I ever feel good enough," she bravely asked.

We stayed right there together in the middle of overwhelming anxiety for a long time. Loneliness and despair waiting to be let in.

Was it true, no.

Did it feel true, yes.

Does she "count" as someone, that's the goal.

Why does the feeling of loneliness exist in the first place?

This curious exploration gave her time to reflect, catch her breath, get her feet under her.

Observing the pattern brought understanding and offered a context that put her back in control.

We are all on a journey where growth is both the path and the destination ;-)

I am an optimist with proven tools for achieving growth.