

YOUR BATTLE TODAY

LONELINESS

You're surrounded by people and no one really knows how you are. Or you're alone and the silence weighs on you. You carry everything without telling anyone.

I

WHAT'S HAPPENING TO YOU

You're surrounded by people and no one really knows how you are. Or you're alone and the silence weighs on you. You carry everything without telling anyone.

It isn't a character flaw, and it isn't something you have to live with. It's a battle, and battles can be trained for. The Stoics knew this one two thousand years ago and left a method for fighting it.

II

WHAT THE STOICS SAY

Marcus Aurelius, the most powerful man of his time, wrote to himself that there is no quieter refuge than one's own inner self. For the Stoics, solitude can be a void or a fortress: it depends on what you do with it.

Being alone without being lost can be learned. And learning it gives you back to other people in a different way: not out of need, but by choice.

> *"Nowhere does a man retreat to greater quiet or more freedom from trouble than into his own soul."*
>
> MARCUS AURELIUS · MEDITATIONS, IV, 3

III

YOUR EXERCISE FOR TODAY

Half an hour with yourself, and one message 35 MINUTES

Do it today, with paper and pencil. Write right here: what gets written down gets done far more often than what only gets thought.

I Today, thirty minutes alone with no screen: walk or write.

II Write down in three lines how you really are.

III Message someone you care about, expecting nothing in return: “I was thinking of you. How are you?”

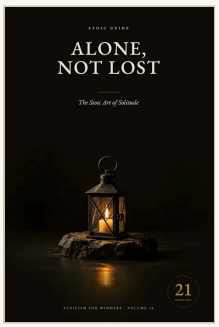
Chosen solitude makes you stronger. The kind you hide weighs you down.

IV YOUR SEVEN-DAY PLAN

One practice a day. Check it off when you've done it.

DAY 1	Half an hour with yourself, and one message: today's exercise.	☐
DAY 2	A meal alone, slowly, without your phone.	☐
DAY 3	Write yourself a letter to read a year from now.	☐
DAY 4	Call someone instead of texting.	☐
DAY 5	Take care of something you've been putting off that's just for you.	☐
DAY 6	Offer someone a specific kind of help.	☐
DAY 7	Review: how much of your solitude was emptiness, and how much was strength?	☐

V YOUR NEXT STEP



THE STOIC'S LIBRARY · NO. 16 · BLACK EDITION

Alone, Not Lost

A Stoic guide and 21 exercises to do on your own, so solitude becomes strength rather than emptiness.

masterstoic.netlify.app/library/alone-not-lost

THIS HELPS TOO

Logbook · 90 Days

A daily page for talking to yourself every morning and every night, with a line from Marcus Aurelius, Seneca or Epictetus.

THE FOUNDATION OF EVERY BATTLE

The Stoic Code

21 days with Marcus Aurelius, Seneca and Epictetus to separate what is up to you from what is not.

Personal development grounded in Stoic philosophy. It is not a substitute for help from a mental health professional.