

Being Alone

Nov. 2, 2019

Loneliness is a consistent challenge for many Veterans and family members, and we wish to stop it!

What we do at Qualified Listeners is Listen! We just meet for a cup of coffee, glass of tea, or a smoothie and you are free to talk about anything you wish, and we will listen. We won't judge, and we will ensure your thoughts are heard.

Regardless of how long it has been, if ever, that you've had a Veteran to talk to, we are here for you. The article last month noted "Not Everyone Needs Therapy", sometimes we just need someone to talk to. We don't ever want anyone to ever feel alone again. We want you to know we are a phone call or email away. Having no one to see or talk to is very uncomfortable for most people. We humans are, by nature, "social" creatures, meaning we are built to be around others. When we are not social, we lose some of the strength in our life. We lose a connection with another human being which we are designed to have.

I spent 39 years after my four years in the Navy, not having anyone to talk to about my service. I did not spend much time thinking about it. After all, I am fine! Then at about age 62 it started to creep into my mind that I need to do something with the things I think about and feel. I need someone to talk to!

We don't want any Veteran or family member to ever feel alone again! We are here for you and want to hear what you wish to share. Please choose to not be alone, whether it is with us or someone else, please be around people. Most people find considerable peace in their life when they are with other people. Just give us a call if you want to chat at 720-600-0860.