

RELATIONSHIP SKILLS

Lonely

“I don’t have anyone.”

In the book: Chapter 3 · A New Friend

WHAT IS UNDERNEATH — AN IFS VIEW

An exile — the tender part that holds “I am on the outside”. Protectors often cover it with boredom, clinginess or “I don’t care about them anyway”.

TRY THIS, RIGHT NOW

Draw someone you’d like to sit beside tomorrow.

FOR THE CHILD

Draw the person you’d like to sit next to. Drawing them makes tomorrow feel possible.

FOR A PARENT

Sit beside them without talking for two minutes. Company is the medicine; conversation is optional.

FOR AN EDUCATOR

Engineer proximity, not friendship — a shared job with one other child. Forced play dates fail; shared tasks work.

DRAW OR WRITE — WHEN DID YOU FEEL THIS?

A feeling is not the whole child. It is a part of them doing a job. Meet the part, and the child has more room.