

**Genesis 2:18**

THE LORD GOD SAID, "IT IS NOT GOOD FOR THE MAN TO BE ALONE. I WILL MAKE A HELPER SUITABLE FOR HIM"

If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.

**Ecclesiastes 4:10****Deuteronomy 31:6**

Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you or forsake you.

## GROWING IN HIM COUNSELING

**So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.**

**-Isaiah 41:10**

### Are you Lonely?

God said, "it is not good for man to be alone," and yet we live in a world of billions of people, and the weight of loneliness continues to rise. Many people say they can be in a crowded room of people and still feel all alone. The problem isn't with the number of people in your circle, it is with not feeling connected to any of them. In our world of social media, immediate access to the internet and phones, we have become more reliant on technology than on interpersonal relationships. This was exasperated after the "covid lockdown," as we were all encouraged to isolate from others.

So how do we slow down and build relationships with those around us? We need to first put down our phones and have a conversation with those closest to us. Make eye-contact with someone, ask them how they are really doing and spend time talking with them. Ask a friend to lunch, coffee or just to talk and take the time to understand what is going on in their lives.

These are simple ideas, and ones you are already aware of, but as a society we fail to use. We are so caught up in the immediacy of now and focusing on events outside of our control, that we forget about those around us. If you are feeling lonely, call a friend, a family member or join a group that interests you.

### Loneliness Leads to Isolation

When we are feeling lonely, we tend to withdraw from others as we begin to believe we are not loved or liked by anyone. As these lies infiltrate our thoughts, we start to feel unworthy, unloved, lost and even more lonely. It is important to get involved with a group. This can be a life group at church, serving in church or volunteering somewhere you would enjoy. Surrounding yourself with other people who have common interests can help reduce the loneliness. The next step is to build connections with the people around you. Spend time getting to know them and focus on things outside yourself. The more engaged you are in meaningful activities with people you care about, the more you will realize how much others care about you. This will help you to feel more loved, valued and important! As you are doing these things, it is also critical for you to be in His Word. Reading scriptures brings you closer to the Lord which is the best way to beat loneliness. Begin to understand who He is and who you are in Him so that you can combat the lies you have been believing.

## 4 Steps to Cognitive Transformation

These steps are from Dr. Zach Clinton

### 1. Catch

The first step is to CATCH the thought. We all have those negative thoughts that race through our minds and seem to “take over” our thoughts. Sometimes it feels like it begins with an emotion or a reaction to a situation. However, most often, there is a thought that occurred which resulted in the emotion or the reaction. It is important to notice these feelings as well as the physiological symptoms that we are experiencing before we can make any changes. Once you are aware of how you are feeling, then write down the thoughts associated with it. Are you feeling left out, unloved, unworthy...? This can be translated into the thoughts: I am unloved, I am unworthy, No one likes me, etc.

### 2. Check

Step 2 is to CHECK to see if the thought is true. While it may “feel” true, it is important to remember our feelings will lie to us. Is this thought “absolutely” true. Reflect on the thought and find facts/evidence (not feelings) that contradicts the statement. Ultimately, look to the Word to see what God says about this thought.

### 3. Challenge

Step 3 is to reframe the thought to fit it with the facts. It is best for the thought to be positive, but it MUST be TRUE. It can be helpful to think “what would I say to my best friend if they were thinking this way?” Now say the truth to yourself in place of the negative thought.

### 4. Change

Philippians 4:8 says “whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things.” Repeat the new, positive, true thought to yourself every time you think the negative one. This will begin to change how you view and respond to situations and when you allow yourself to see the truth, you are less likely to be lonely.

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