

LONELINESS AS PRIZE



1. Loneliness; what is it that makes it so terrifying to us? Is it the fear to grow old with no one by our side? There is no denying in the fact that we all need a certain degree of loneliness. However, an excessive amount of it can negatively affect us mentally and psychologically.

For most of us, it is a terrible thing to be lonesome. Loneliness can make us feel miserable and depressed. People feel the need to have someone by their side, someone they can rely on. The fact that we are social beings is undeniable. This is mainly the reason why we need to socialize with others to feel complete. At the end of the day, it is socializing with others that maintains us connected to our reality, what we call the world.

In contrast, there is a minority that appreciates being lonely. They usually find peace when they are alone. These people tend to have more introverted personalities. Although their social skills might not be highly developed, they have such an elaborate internal world that they do not need that social factor to be happy. This lack of integration, usually turns society against them, seeing them as lunatics and weirdos. Nevertheless, even the loneliest of loners still needs small doses of interaction to keep up with their environment.

To conclude, loneliness is undoubtedly a complex and variable term. Some people may find it enjoyable, while others may fear it. Whatever the case, it is something we all have to deal with at some point in our lives, and we must confront it, because if we don't do so sadness can shadow our personalities and our lives.



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2. How many times have we heard how frightened someone is of ending alone, unloved, on his own? It is often believed that loneliness conveys dreadful, tearful sensations, namely depression, tediousness and sorrow. Nevertheless, is it really true that isolation triggers discomfort or is it just a prejudice born from dependent people?

To begin with, numerous movies and series show how enjoyable as well as charming life is when accompanied by various friends, family and perhaps a boyfriend or girlfriend. For instance, in the recent film 'The Imitation Game', the main character, who at first feels reluctant to work with a team, at the end gains trust and seems more elated than before. Nonetheless, all the suffering, disloyalty or even violence in the majority of movies seem to be concealed and hidden from our eyes. Hence, probably that is the reason why people feel worse when they get offended and lied: they did not expect it.

Furthermore, it seems that nowadays being accompanied and next to a person is considered fundamental and highly essential in order to increase popularity and consequently being crossed out from the classified list of wimps. We need to, or rather, we feel the fervent desire and requirement of possessing as many friends as possible, even though most of them are not as close or trustworthy as we might think. Therefore, in the end, we realize that when an obstacle interposes or an awful storm brings sadness and serious trouble to our lives, those we took for a ride do not show up. That is loneliness.



The terrible loneliness: to be abandoned, forgotten by those you believed would stand by you no matter what. It is everywhere; in literature, for example 'La Regenta' (Clarín) can be considered a magnificent case of treason and hypocrisy.

In addition, we are asked on uncountable occasions about our plans, desires or ideas for the future. Most teenagers will defend the 'marvellous' view of

raising a family. However, it is not a bed of roses. We must not deny the pain, disappointments, efforts and sacrifices to be made. I am not saying that parenthood or marriage is prison but as far as I am concerned, being single allows you to travel, act, behave freely whenever you want, without giving explanations or asking for permission. Is it really that horrendous?

Taking everything into consideration, society, through films, advertisements and videos tries to manipulate us and make us feel the way they want, thus leading us to a preconceived and therefore erroneous idea that being by yourself is shameful and miserable. However, has anyone stopped to think what the benefits are? Freedom, for instance. Freedom to perform what you feel devoted to, freedom to fulfill your ambitions without the fear of being judged, freedom to live the way you want. Currently, loneliness is undervalued and although we all feel deeply attached to those we love, we must learn to live freely, to depend on ourselves. Personally, loneliness perhaps is not always a pleasant prize, but it is sometimes a worthy blessing.

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3. Shifting from the mainstream thought of loneliness being something that virtually anyone would like to stay away from, a more self-conscious and inner current can be found. As Paulo Coelho once said, "It is when we accept loneliness that we see it as a prize and helps us find our purpose in life".

First things first though, even the intangible number of clichéd quotes that fill the internet are not enough to make head or tail of this way of approaching loneliness. At least that is what the majority believe, according to some studies that showed how we feel disheartened whenever we imagine ourselves lonely. Coming up with different situations where loneliness may arise, is certainly something worth considering so as to provide an answer to how do humans react.

Take for instance any sort of occurrence that involves losing someone you loved most, or maybe just imagine yourself moving to another country and having no one to relate with.



In every scenario, the answers to those questions will vary depending on who you ask. So does that mean that we may have to take a closer look at our inner selves in order to understand how one of the most feared feelings can turn into a prize?

Given what has already been stated that how we respond to loneliness greatly depends on each individual, it can be then understood that some people may have a positive mindset with

regards to loneliness. Attempting to tackle this rather philosophical question trying not to rely just on my own opinion isn't a walk in the park. Anyway, let me exemplify what I am about to say. Personally speaking, loneliness is not a big deal if you have the choice of avoiding it. As contradictory as it may sound, there are some people who simply can't choose when to be alone and when to be with people. They simply, due to personal reasons, are chained to the "loneliness jail". This can become frustrating and can drive anyone absolutely bonkers; however, this doesn't apply if you can choose when to be alone and when not to, which is definitely my case.

With the current pandemic, we have seen loneliness in the form of a virus, and it is clear that knowing how to handle loneliness can be a difficult skill to master, but it will provide the key to success in a world where individualization is a constant threat. Whether we think of it as a blessing in disguise or as a complete nightmare, we find common ground when we refer to it as something that can make us grow and become a better version of ourselves. At the end of the day, every cloud has a silver lining and it is in adversity when we improve the most. The ball is in your court, does that seem like a prize to you?

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