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Most people don't realize loneliness is both a blessing and a curse.

It just depends on how they choose to deal with it.

Someone who requires the affection of others and is too dependent on social interaction can find themselves deteriorating quickly if separated and kept alone.

However, someone who's embraced loneliness discovers a sense of power and freedom allowed by having no attachments or dependencies.

With only responsibility for themselves, they are free to take risks, make decisions in a moment's notice and worry about the consequences later, if ever. They are free to do whatever they wish but at the cost of having anyone close to them.

The trouble is most only think of loneliness from one perspective, developing an uncomfortable but accepting relationship with time alone. But it's inevitable there will come a time when they find themselves alone and their own comforts are no longer comforting.

This is a defining moment for most who either learn to embrace these feelings or become a prisoner to them forever.



[http://www.delawarestjohn.com/story\\_asylum.htm](http://www.delawarestjohn.com/story_asylum.htm)