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| --- | --- | --- | --- | --- |
| **The Wolfelt Loneliness Inventory** | Never | Rarely | Sometimes | Often |
| I see other people in stores and places I visit routinely.  | 1 | 2 | 3 | 4 |
| I am around other people in my daily life.  | 1 | 2 | 3 | 4 |
| I chat a bit with strangers in public places.  | 1 | 2 | 3 | 4 |
| PROXIMITY SCORE (out of 12) |  |  |  |  |
| I know my neighbors and talk to them.  | 1 | 2 | 3 | 4 |
| I feel part of several communities.  | 1 | 2 | 3 | 4 |
| I participate in groups and share the same interests as other people I socialize with. | 1 | 2 | 3 | 4 |
| I feel connected to my community.  | 1 | 2 | 3 | 4 |
| COMMUNITY SCORE (out of 16) |  |  |  |  |
| I feel that I have companionship in my daily life. | 1 | 2 | 3 | 4 |
| I feel that I have meaningful relationships with people I care about.  | 1 | 2 | 3 | 4 |
| I have people in my life to spend holidays and other special days with.  | 1 | 2 | 3 | 4 |
| I feel other people know me pretty well.  | 1 | 2 | 3 | 4 |
| CLOSE COMMUNITY SCORE (out of 16) |  |  |  |  |
| I feel like I have people I can talk to about my biggest dreams, worries, and losses.  | 1 | 2 | 3 | 4 |
| I have the amount of physical closeness or touch in my life that I want.  | 1 | 2 | 3 | 4 |
| I have the amount of sex in my life that I want.  | 1 | 2 | 3 | 4 |
| I feel I have the best friend(s) I want.  | 1 | 2 | 3 | 4 |
| I feel I have the partner I want.  | 1 | 2 | 3 | 4 |
| INTIMATE RELATIONSHIPS SCORE (out of 20) |  |  |  |  |
| I feel good about myself.  | 1 | 2 | 3 | 4 |
| I treat myself with kindness and self-compassion. | 1 | 2 | 3 | 4 |
| I take good care of myself.  | 1 | 2 | 3 | 4 |
| SELF-RELATIONSHIP SCORE (out of 12) |  |  |  |  |
| TOTAL SCORE (out of 78) |  |  |  |  |