

# When You Start to Enjoy Being Alone, These Ten Things Will Happen

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‘Being alone’ is often considered a negative thing by society. People assume that you’re either unwanted or anti-social, or something equally negative. The truth is that being alone can actually be a good thing. There are many benefits that people who enjoy their solitude experience. Now I’m not saying that you cut out all your relationships with people and become a complete loner, because there are many benefits and joys that come from fulfilling relationships. I’m saying that there is a lot of growth that you can experience as a person once you learn how to enjoy your alone time!

Here are ten fantastic things that happen when you start enjoying being alone:

### 1. You'll be more independent.

Once you get familiar with the idea of being alone your confidence in being alone for certain amounts of time will increase. This ability to be alone will lead you to be more independent.

Some people have reported feeling anxious when they first started to spend some time alone. But once you learn how to be alone you won't crave constant interaction or the desire for the company of others, and you'll feel much more independent.

### 2. You'll become even more productive.

We often get caught up in all the entertainment and fun of being around other people, and this can seriously affect our productivity. There will be times when the company of others will be a real distraction from getting our work done and focusing on what's important.

Since there are fewer distractions when you're alone you will find that such times may be the most productive times of your life! You can just focus on your work and get it all done.

### 3. You'll become in tune with your own emotions.

When we are around others we naturally try and gauge their emotions and try and adjust our behaviour accordingly. We often end up doing this so much that we lose touch with our own emotions!

Being alone will help you gain a greater appreciation and perspective on your own emotions. You'll become in tune with your emotions, understand yourself in greater detail and most importantly understand what makes you tick.

It becomes much easier to regulate your emotions once you know yourself better! The first step, however, is understanding how you feel, and this understanding will come when you spend time by yourself getting in tune with your emotions.

### 4. You'll start doing things that you really enjoy.

We may not realize it but when we're perpetually in the company of other people we are always making compromises in our choices and decisions to find a solution that fits for the entire group. We end up doing things that we don't really enjoy but do them anyway for the sake of the group more often than we'd like.

Once you realize that being alone gives you more freedom to do the things that you really enjoy, you'll find it delightful and easy to be alone.

### 5. You'll enjoy your relationships even more.

A break from others will help you appreciate them a lot more. When you spend time in solitude regularly and start enjoying it, you'll start seeing your relationships and friendships with a greater perspective.

The truth is that alone time will help you reflect and introspect. And with this you'll learn to appreciate the many benefits and strengths of your relationships with other people that may not have been obvious to you before.

## 6. You won't need to apologize for anything.

Living and interacting with other people all the time we apologize for things that may have upset them more often than we'd like to think! Even though our intentions are good people find reasons to get upset or find offence with something we may have said or done. In our solitary time we are able to focus on ourselves completely and don't need to constantly apologize for anything that we have done to upset someone else.

Alone time when you do not have to apologize for something really helps take a lot of pressure off your mind. You can stop second guessing everything that you say and do. In moments of solitude you can be truly free to think and express yourself the way you like.

## 7. You'll stop looking for validation.

We unconsciously look for validation from our friends and family before we make any big decisions or moves. We look to others for advice or to see how they feel about our decisions.

It's necessary to ask others for advice now and then. But there are times when we are capable of acting on our own instead of looking to others for answers.

When we start spending time alone, we learn to trust our instincts and make our decisions ourselves, without any validation from others.

## 8. You'll get a much-needed break from constantly trying to keep others happy.

Our lives are filled with people and relationships. A relationship flourishes when both of the people in the relationship are happy. Unfortunately, some relationships can become draining and we may be too caught up in it to gain clear perspective. This is true for personal and professional relationships.

In moments when you are all by yourself, the only person's happiness you need to think about and focus on is your own. You can take this time to be kind to yourself and enjoy the moment.

## 9. You'll be able to reflect more often.

Sometimes we don't realize how fast our lives are moving. Things move so fast that it's become quite rare for us to have a moment by ourselves to reflect on our lives.

Solitude provides the perfect circumstances for self-reflection. You need to get away from the hustle and bustle of daily life and spend more time focusing inward rather than dealing with the thoughts and feelings of other people.

Being solitary for some time provides a great setting for reflection.

## 10. You'll get to recharge.

We spend a lot of energy in the company of other people, and we spend most of our time everyday around people! Being around others we unconsciously try to understand their emotions, make them happy and avoid conflict and uncomfortable situations.

Constantly being around people can really be a drain on your mental energy and wellbeing. Some alone time will let you relax and recharge from the rigors of constant interactions.