

“I used to think the worst thing in life is to end up all alone. It's not. The worst thing in life is to end up with people who make you feel all alone.”

Robin Williams

[Quote by Robin Williams: “I used to think the worst thing in life is to e...” \(goodreads.com\)](#) (accessed September 4, 2022)

Storytelling in small groups or personal reflection. One by one, each person shares their response to the first prompt below. Then go to next prompt and so forth. A person can pass.

- 1. Tell of a time when you felt “all alone.”**
- 2. Share about what you have learned to do when you are feeling alone.**
(i.e. contact family or friends, seek professional support, travel, cry, exercise, read, use social media, attend or join a group activity or spiritual community, attend a sporting or musical or art event, sing, shop, create art, write, watch TV, isolate even more, etc.)
- 3. Share about a person, or group of people, in your life who “doesn’t” make you feel alone.**

Check out and download more small group storytelling reflections and prompts at:

<https://lifesjourney.us/storytelling-in-small-groups-menu/>

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