

The Loneliness Quiz

Based upon the UCLA Loneliness Scale

Instructions: For each item, indicate how much you agree or disagree with the statement. This takes most people about 3 minutes to complete. Take your time and answer truthfully for the most accurate results.

1. How often do you feel unhappy doing so many things alone?

Never
Rarely
Sometimes
Often

2. How often do you feel you have nobody to talk to?

Never
Rarely
Sometimes
Often

3. How often do you feel you cannot tolerate being so alone?

Never
Rarely
Sometimes
Often

4. How often do you feel as if nobody really understands you?

Never
Rarely
Sometimes
Often

5. How often do you find yourself waiting for people to call or write?

Never
Rarely
Sometimes
Often

6. How often do you feel completely alone?

Never
Rarely

Sometimes
Often

7. How often do you feel you are unable to reach out and communicate with those around you?

Never
Rarely
Sometimes
Often

8. How often do you feel starved for company?

Never
Rarely
Sometimes
Often

9. How often do you feel it is difficult for you to make friends?

Never
Rarely
Sometimes
Often

10. How often do you feel shut out and excluded by others?

Never
Rarely
Sometimes
Often