

Loneliness

User Case Study: Qwell

Background

Jack accessed Qwell as he was finding he was affected by memories of childhood bullying at school which had left him with a sense that he always found himself with limited friendships as an adult. Jack described how early trauma around bullying had impacted his low self-esteem as he often felt abandoned in relationships and this led to it being difficult for him to build happy connections with others. A recent argument with a friend had echoed issues he had faced in a recent relationship with a partner that had then ended. Jack described how jealousy often arose for him when he became involved in relationships and was keen to address this.

Service User Feedback

I feel a lot more secure and confident with myself. I am now in a good position to explore possible new friendships and relationships.



Engagement

Jack engaged with the service well. He was open to exploring his feelings and wanted to improve his relationship with his friend. He worked on his self-esteem using workbooks in his own time. He also was willing to engage in working on his jealousy and admitted that he had a lot of signs of unhealthy jealousy from reading an article that was sent to him. He stated that he used to get angry and jealous when his friend was not with him. The practitioner explored how anxiety over his friend getting close to other people was a trigger for Jack's angry feelings. Actions that Jack could take to reduce an escalation were identified such as making concrete plans in his diary with friends to look forward to, even when they were busy and unable to be in touch with him. The practitioner shared resources with Jack on self-compassion that he could read back over when feeling upset and vulnerable. Work was also done to support Jack to interrupt him feeling back in his childhood state when he interpreted others behaviour as rejecting. He began to self-talk around this to reassure himself that he was now safer from bullying as an adult with friends who do care for him.

Risk & Needs

Jack found himself occasionally thinking of suicide but felt he was very unlikely to act on his thoughts. He was aware of crisis intervention services that he could reach out to if the thoughts worsened.

Safeguarding & Wellbeing

Risk continues to be monitored with Jack. He has started to develop more self-awareness, and an understanding of his own needs and has introduced coping strategies to manage time apart from his friends. He is focused on ways of improving his self-worth and is feeling more confident that he can rebuild trust and have positive relationships moving forward.