

An abstract black and white illustration. The background is filled with numerous thin, curved, parallel lines that flow from the top left towards the bottom right, creating a sense of movement and depth. Scattered throughout the composition are various black elements: small dots, larger solid circles, and some star-like shapes with multiple points. A prominent cluster of these dots and circles is located on the right side of the image. The overall effect is one of dynamic, organic flow contrasted with discrete, static points.

my loneliness:

4	<i>Do you feel lonely right now?</i>	9	36	<i>Do you think loneliness can be good or bad?</i>	43
12	<i>Would you describe yourself as a lonely person? If so, have you always felt this way or is it more recent?</i>	17	46	<i>Is loneliness is a problem? If so, is it possible to fix it, to get rid of it?</i>	49
20	<i>When or where do you feel lonely?</i>	27	52	<i>Is loneliness connected with growing up?</i>	55
30	<i>Do you feel lonely around people, or is it due to their absence?</i>	33	...	<i>If you visualise loneliness, what is it like?</i>	...

Right now there is no place for
loneliness in my life, for the first
time in a very long time,

if I knew what it was.

at times.

I don't know how much it has
to do with the war.

because my friends have
moved away,

but in most cases,
these decisions were made
before the invasion, so I don't
think it's because of the war.

I'm not sure I really know the
difference between 'feeling
lonely'
and not.

I think I've been lonely in
some way since I was born,
it's like a little black hole that
you always carry around.

yes.

yes, a bit.

A sort of endless dark blue, thick emptiness that buzzes in your chest and seems to have been here before you and will stay after.

Yes, I have always been like that.

the last 4 years before I left Ukraine were very lonely for me, even though I had different relationships.

i worked and lived with the same person, we led an objectively fucked-up lifestyle, suffered a lot from the fact that we had no friends, we were all pissed at everyone and only from time to time found some company for episodic communication.

always. I don't think that I'm a deeply lonely person in a bad way, I rather think that everyone is alone in their own head, so it would be strange not to feel a little lonely.

but it's not a bad thing
or a sad thing. in a way,
we're all lonely. the main
thing is to learn to live
with it. without drama.
because in my opinion

loneliness is natural.

in a very broad sense,
starting from birth.

when I look back at my
childhood, I often see
myself alone.

It's strange because I have
a sister and I grew up
in a very large family.

but most often I remember
looking at tulips and writing
in my notebook how
beautiful they are.

no one around.

it's hard for me
to remember my old self,
if I felt differently.

I think that in the third
year of the invasion,
my bubble feels quite
depressed, and therefore
there is no resource left
to party.

I, as a bit of a person
like that, feel really
hyper-lonely, because
right now it's like there
are no people on «my
wave», it's like everyone
is *underwater*.

I know for sure
that I was different.

It is something static,
constrained, blue.

a grey big stone,

or a swirl,

or a puddle.

Ironically, I've spent quite a long time spent working behind the bar.

this job is the opposite of loneliness, so I was definitely not lonely there, but on the opposite, I was doing everything that is typical for an extroverted person.

but after work.
I would come home,
to peace, to solitude.

now I can feel lonely at home when my girlfriend is flying somewhere.

in general, I like to be alone, but even more I like to have someone in the room with me.

there are times when you
feel like nobody gives a shit
about you. or when your
friends betray you.
then there is a feeling
of loneliness.

when I don't have the
opportunity to share my
passion for books or music
with someone.

I really miss that,
but I don't know
if it's loneliness.

whenever the ties
weaken or when
I don't feel supported.

when no one understands
me or can be there for me
I feel very lonely.

when I am emotionally
exhausted, I feel lonely
among people.

after terrible news,
if I cannot share bitterness
and tears, I feel terribly
lonely.

and when I cannot publicly
express an 'unpopular'
opinion about my own
feelings — then I feel
very lonely.

when I stand at the
checkout with a basket
of groceries in a queue
of people.

for me, the supermarket
— is a mecca
of loneliness.

in empty rooms.

Loneliness is a room.

It is dark.

I think everyone feels lonely in a group of people, that you have nothing in common with.

I think it has to do to some level of trust and shared values.

if you are surrounded by people who you don't trust and don't have a lot in common, it is unlikely that such communication will be pleasant.

definitely in a circle
of people, if this circle
speaks not my language.

and I think it's logical,
because the difference in
the cultural code gives me
a feeling of alienation, of
not belonging to this small
part of society and makes
me anxious to fit in.

it's like I have to put on a
mask and play a different
person.

here I would like
to form a cause-and-
effect connections,
but loneliness is like
a sudden impulse.

you never know where
to expect it and whether
anyone will be there.

it feels like a sound
and the reaction
of an air raid warning.

It's something blue,
interesting in shape,
because it is both
a crisis and
an opportunity,
as always.

The very concept
of loneliness, to me,
has something negative
about it.

good 'loneliness',
probably has
a different name.

the sun is just
crossing the horizon,
I cross the first tree of
the park at Politekh. for
me, this loneliness was
good.

is it possible to call an
evening walk in the
evening bad?
an evening with myself.

It becomes bad when
you don't want to be
with yourself or to be
yourself.

there is nothing good
about loneliness,
it is a comfort that
eventually brings
only problems and
destructive actions.

it depends on how
a person feels about
his or her loneliness.
a person needs
a person.

I think that loneliness is
a term without gradation
of good and bad.

Its comprehension
can lead to sadness or
inspiration, but in itself.
it... just is, right?

I like to think of it in the
context of 'loneliness
is solitude'.

loneliness — bitter,
cold, dreary.

solitude — pure, calm,
essential.

my mother always told me
that people die and are
born alone, and that it was
normal.

I don't think so. in fact, I
think my mother convinced
herself of this, because
despite her husband,
children and large family,
she felt lonely all her life.

I wouldn't want to be
alone before I die and I
don't want to be alone in
the best moments of my
life. if no one is around
to say that you made it,
that you are here or that
you are ending like this,
it may seem like it didn't
really happen. didn't really
happen.

It's scary.

Loneliness is like
noise, like a subtle
ringing in the ears,
grey and shapeless.

Or it does, but you
can't see it because
you are inside it.

Yes, this can be
a problem.

the issue of loneliness
is only solved by changing
your attitude to what's
going on around you.

a problem that can only
be solved only by
by chance and time.

and the more events
you let into your life, the
less time it will take you
to get rid of the loneliness.

it can be successfully
ignored, but I don't think
it's counts as a fixed.

loneliness can be hard,
but hard does not equal
bad.

it's just a phenomenon,
like rain or storms, like a
certain state - regardless
of our desires.

I don't know.

you fix it if it makes you
feel bad. but you're not
fixing the loneliness
itself, but the feelings
associated with it.

sometimes behind the
loneliness something
deeper is hidden
— fear, or lack of love.

My loneliness is white
colour and has no shape,
it is permanent.

my loneliness has a
metaphor — freedom.

my loneliness
sounds, like the morning.

Every year, it seems harder for me to start communicating with new people and maintain friendships.

rather, this may be due to the fact that people, friends, at some point find themselves at different stages of their lives and there may be less in common.

as we grow up the sense
of trust changes. and
the lack of it increases
loneliness.

In the company of people
I don't trust or don't know
well, I often feel isolated.
sometimes I take the
position of an observer.

I can stop
hearing words.

and with the years and the
war, anxiety has increased,
and with it comes a feeling
of complete loneliness.

suddenly, it turns out
that the world does not
belong to you, and the
world was not created
specifically for you. that
life just goes on, and you
swim with it.

you fight against the flow,
if you have the talent and
strength,

or you wash up on the
shore to take a break.

Loneliness for me is like
the northern lights.

my loneliness is like that.

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