

THE CAPACITY TO BE ALONE

“We shall not cease from exploration and the end of all our exploring will be to arrive where we started and know the place for the first time.”

T. S. Elliot

Loneliness is a painful and frightening feeling which people do not want to face often and it refers to a negative situation. It contains a state of longing for the deficiency of another object or person. It means not being able to stand up on its own. People show a maximum effort not to face this feeling and always try to stay in touch with others. Cooking and eating at home continuously, buying something new even there is no need, and watching something on and on are examples of how we deal with the discomfort of being on our own.

However, it should be remembered that when a person is left alone and listens to himself and begin to grasp the meaning of what he/she has experienced, to make sense of his/her behavior and life. The only situation that allows the human to find the meaning of his existence is to stop and thinking his/her behavior.

Winnicott (1958) defined the capacity to be alone as “being alone in the presence of someone else and perceiving it as a positive experience”. According to Winnicott, it is a sign of emotional maturation. If a person developed his/her capacity, to be alone becomes a useful inner experience. The capacity to be alone can be developed under two conditions. First, one has to make peace with destructive parts in himself/herself. In addition, one needs to make sense of what s/he is doing without the fear of missing out on what others have done.

The capacity to be alone changes and develops depending on the parents' attitudes from infancy. If parents respect their child's time alone after helping them fulfill their basic needs and can accompany them without interfering, their child's capacity to be alone increases. If the child's behavior is constantly interfered with and not allowed to be alone, the child may be afraid of being alone and thinks that he or she needs an object or person constantly. He also believes that he should be in constant action.

In this case, our parental attitudes review in order to increase the capacity of our child to be alone could be the beginning of an important step. Parental attitudes given below It will be useful to examine the table in which it is located.

Parental Attitudes in the Process of Developing Child's Capacity to Be Alone Skills

| Positive Parental Attitudes | Negative Parental Attitudes |
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| <ul style="list-style-type: none"> ● To be with the child sincerely. | <ul style="list-style-type: none"> ● Being physically constantly with the child. Not providing a stable psychological accompaniment |
| <ul style="list-style-type: none"> ● To provide the child with a stable life frame in time and place. | <ul style="list-style-type: none"> ● To offer an unstable lifestyle |
| <ul style="list-style-type: none"> ● Establish reassuring and clear rules of conduct. | <ul style="list-style-type: none"> ● Not establishing rules of conduct or being inconsistent in applying the rules. |
| <ul style="list-style-type: none"> ● Being a trustworthy parent. | <ul style="list-style-type: none"> ● Not being interested in the needs of the child and not being available when needed |
| <ul style="list-style-type: none"> ● Supporting the child against difficulties. | <ul style="list-style-type: none"> ● Overprotecting a child |
| <ul style="list-style-type: none"> ● Encourage the children to make friends and resolve conflicts on their own. | <ul style="list-style-type: none"> ● Resolve conflicts in place of a child |
| <ul style="list-style-type: none"> ● Allowing the child to be bored and to be alone. | <ul style="list-style-type: none"> ● To accompany the child constantly or to offer structured planned activities. |
| <ul style="list-style-type: none"> ● Encouraging the child's creativity. | <ul style="list-style-type: none"> ● Ignoring their creativity or seeing it insignificant. |
| <ul style="list-style-type: none"> ● Respect the child's personal space. | <ul style="list-style-type: none"> ● To over interfere in the child's field. |

Discovering Ourselves While We Stay At Home

In this process where we are forced to stay at home, we are away from our loved ones and all the habits we have made before. As a result, we think a lot about how we can keep ourselves entertained and spend the day without getting bored. We are in a state of continuous production with the worry of being alone with ourselves and we do not want to stay idle. However, it is also possible to transform this temporary loneliness process efficiently and to create constructive and creative results. The fact that the person is alone by his own will reveals the creativity of the person. The creative person can be alone when needed, but is pleased with this situation. The creative person can go down to his inner world and only then he can discover the riches of his inner world. In this period, it may be a good start to make sense of ourselves to start looking for answers to our questions. But before all these steps we should answer "Who am I?" The answer to the question should be.

How do you deal with the situation on your own?

Are you yearning for something new or are you trying to make sense of yourself?