

Important to note that the experience of loneliness was a **FLUCTUATING STATE**; it was exacerbated by **CIRCUMSTANTIAL** factors like illness and **SITUATIONAL** ones like going on holiday or eating out.

This experience impacted on some women **PSYCHOLOGICALLY** as a lack of confidence and in others as a triggered **BEHAVIOURS** ranging from avoidance of difficult situations to binge-eating

This was experienced distinct as a desire for **EMOTIONAL** and/or for **PHYSICAL** closeness and as the act of being **LOVING TO OTHERS** and **RECEIVING LOVE** in return.

Visceral descriptions of the experience of loneliness, as 'dead time' or as 'cold and darkness'.

Formed a theme in terms of motivation to connect socially and to 'justify' seeking company

This theme subdivided into the expression of **STIGMA FROM OTHERS** particularly damaging was the idea that they might be **PITIED** and attitudes which could indicate **SELF-STIGMA**.

Figure 1  
'SOLO-NECESSITY: THEMATIC ANALYSIS

