

CORE

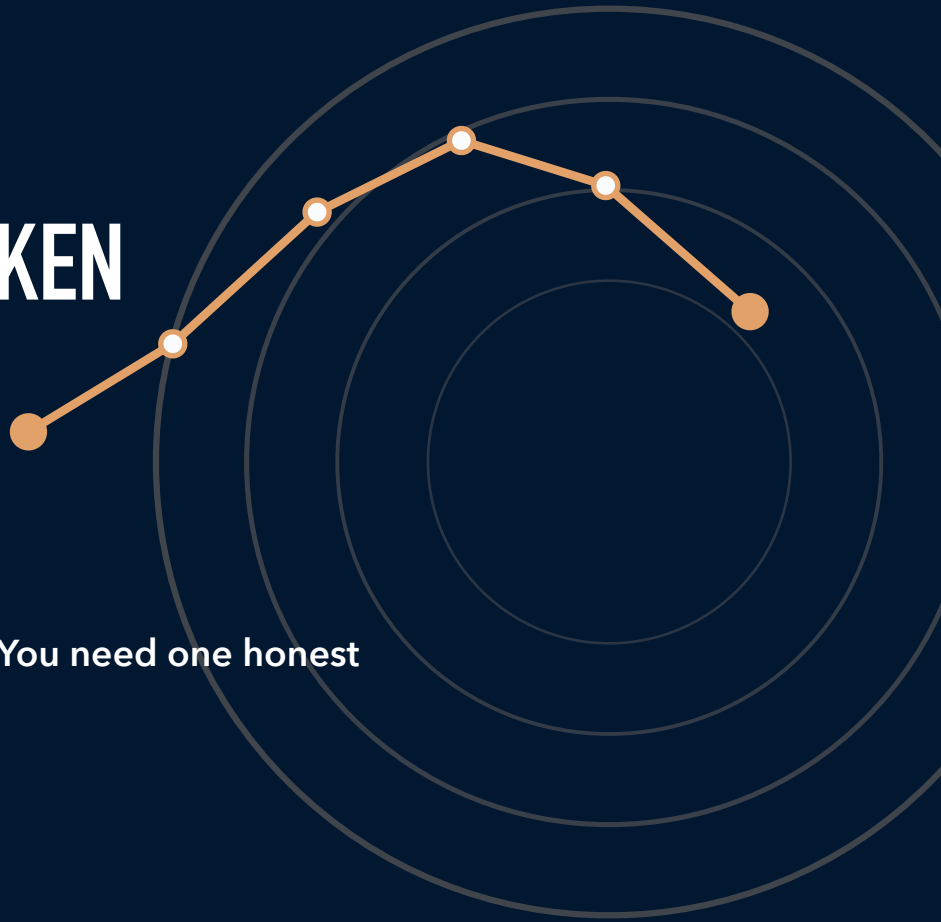
FREE / 4 PAGES

FIELD GUIDE 02

LONELY, NOT BROKEN

A 21-Day Reconnection Workbook

You do not need more contacts. You need one honest connection.



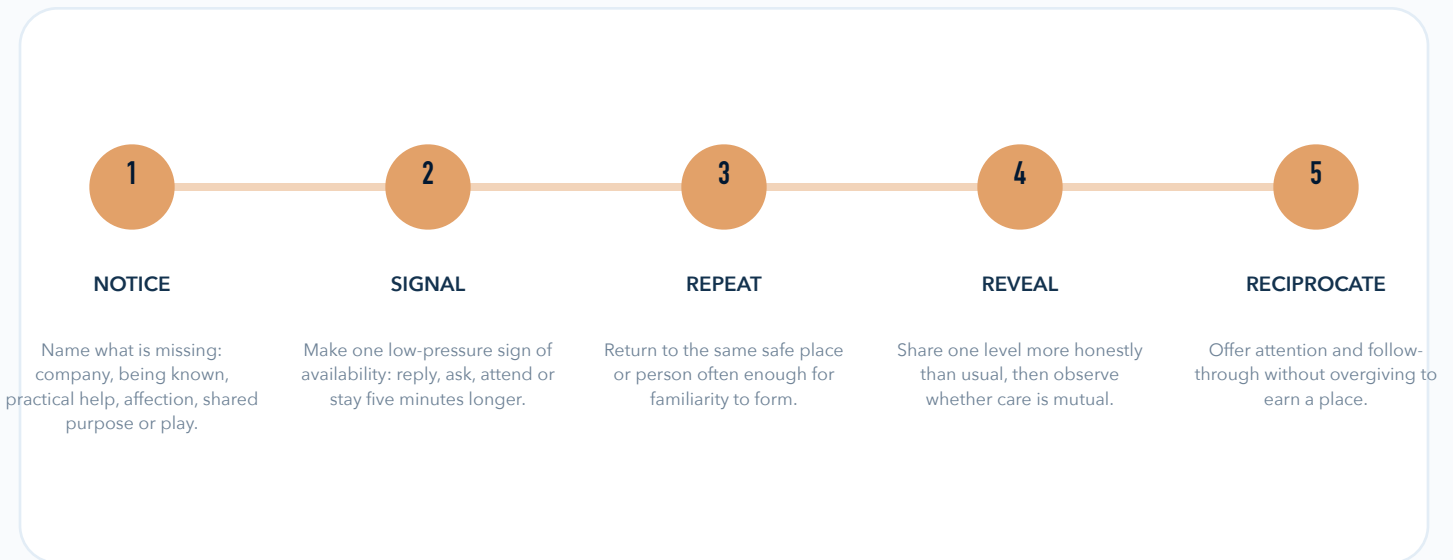
THE CORE PROMISE

A useful first framework and one action you can use today - intentionally shorter than the complete Extended workbook.

01 / UNDERSTAND THE PATTERN

LONELINESS IS INFORMATION, NOT IDENTITY

Loneliness can happen in a crowded room, a busy group chat or a new city. It signals a gap between the connection you have and the connection you need. This workbook turns that signal into small, honest and repeatable actions.



WHAT THIS CORE EDITION HELPS YOU DO

● CORE OUTCOME 01

Name the kind of connection that is missing.

● CORE OUTCOME 02

Lower the pressure of reaching out.

● CORE OUTCOME 03

Create repeatable places where familiarity can grow.

● CORE OUTCOME 04

Build a ladder from light contact to honest support.

02 / USE THE ACTION CARD

THE LONELY-NIGHT CARD

1

NAME

This is loneliness; it is not proof I am unwanted.

2

LOCATE

Move to a safer shared or public space if useful.

3

CONTACT

Message: 'Are you free for ten minutes?'

4

DO

Use the prepared activity that occupies hands and attention.

5

ESCALATE

Use professional or crisis help if safety is uncertain.

WRITE THE FIRST REAL STEP

The person or place I will choose tonight is...

03 / CHECK IN + CHOOSE THE NEXT LEVEL

CORE CHECK-IN

● The pattern I noticed is...

● The smallest safer or more useful move is...

● The person, place, or support that helps is...

SCOPE + SAFETY

This workbook supports reflection and social action. It does not diagnose or treat depression, trauma, anxiety or another health condition. If loneliness comes with persistent hopelessness, self-harm thoughts or inability to function, seek qualified support.

CORE OR EXTENDED?

CORE / FREE

THE FIRST MOVE

- 4 focused pages
- One clear framework
- One immediate action card
- A concise safety boundary

EXTENDED / \$7.99

THE FULL SYSTEM

- 15 focused pages
- 7 original visual scenes
- Complete exercises + plan

OPEN EXTENDED ->

SOURCE ROUTES: WHO / CDC / EVIDENCE NOTE

EXTENDED: <https://championverse.com/7-99-lonely-not-broken-a-21-day-reconnection-workbook-e-book/>

EDUCATION + REFLECTION / NOT INDIVIDUAL CARE

CORE 4/4