

**THE PSYCHOLOGY OF FEELING SORRY: THE WEIGHT
OF THE SOUL**

Jane Gowens

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APA (6th ed.) Randall, P. (). The psychology of feeling sorry: The weight of the soul. Hove, East Sussex: Routledge.

I Feel Lonely: What To Do When You're Feeling Alone

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Rejections inflict damage to our psychological well-being that goes far beyond mere emotional pain. hurt feelings. Still, the news is not all bad, because

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What an ear he has to lend...I talk to him often and I know he listens. Generosity, as a principle, can lead to stronger self-esteem, which then leads to more social behavior. I can live in my back yard looking at the stars, or sitting on my sofa reading a novel.

JesussaidIamwithyou,Iwillneverleaveyouorforsakeyou.Wearenot. Maybe those two spiritual practices, though beneficial in many great ways, well maybe I took it too far. Not having drugs and alcohol and turning to this old form of self-abuse is making me think I legitimately have a mental health issue that I need to talk to someone. My boyfriend of 5 months broke up with me. Thankstotechnology,youcanconnectwithmorepeople—anddosomoreconveni on self help via internet information. In The Psychology of Feeling SorryPeter Randall links contemporary psychological research with religious teachings and doctrine that have provided spiritual guidance for hundreds of years.