

# References

## Introduction

- 1 Stendhal, *On Love*, p. 267.
- 2 C. S. Lewis, *The Four Loves*, p. 12.
- 3 Simmel, 'The Metropolis and Mental Life', p. 108. See also Simmel, *Sociology: Inquiries into the Construction of Social Forms*, p. 95.
- 4 Simmel, *The Philosophy of Money*, p. 298.
- 5 Tocqueville, *Democracy in America*, pp. 665, 701.
- 6 Tocqueville, *Selected Letters on Politics and Society*, p. 326. On solitude in the wilderness, see further Tocqueville, 'Journey to Lake Oneida' and 'A Fortnight in the Wilderness', p. 665.
- 7 Cf. Marquard, 'Plädoyer für die Einsamkeitsfähigkeit', p. 113; Moody, 'Internet Use and its Relationship to Loneliness'; Monbiot, 'The Age of Loneliness is Killing Us'.
- 8 Chen and French, 'Children's Social Competence in Cultural Contexts'.
- 9 Cf. Svendsen, *Philosophy of Boredom*, p. 28.
- 10 Larson, 'The Solitary Side of Life: An Examination of the Time People Spend Alone from Childhood to Old Age'.
- 11 Cioran, *Drawn and Quartered*, p. 159.
- 12 Sartre, *Nausea*, p. 116.
- 13 Rilke, *Letters to a Young Poet*, p. 23.
- 14 Genesis 2:18.
- 15 Psalms 142:4.
- 16 Ecclesiastes 4:9–12.
- 17 Kant, *Idea of a Universal History with a Cosmopolitan Purpose*, p. 44.
- 18 Byron, *Childe Harold's Pilgrimage*, Canto III, v. 90, p. 131.
- 19 Milton, *Paradise Lost*, Book IX, 249, p. 192.
- 20 Bierce, *The Enlarged Devil's Dictionary*, p. 44.
- 21 Butler, 'A Melancholy Man', p. 59.
- 22 MacDonald and Leary, 'Why Does Social Exclusion Hurt? The Relationship Between Social and Physical Pain'; Eisenberger, Lieberman and Williams, 'Does Rejection Hurt? An fMRI Study of Social Exclusion'.
- 23 A good, precise overview of the genetic and neuroscientific aspects of loneliness can be found in Hawkey and Cacioppo, 'Perceived Social Isolation: Social Threat Vigilance and its Implication for Health'. There is an extensive psychoanalytic literature on loneliness that I will take up only

in limited capacity. For an overview and discussion of many of the most central contributions, see Quindoz, *The Taming of Solitude: Separation Anxiety in Psychoanalysis*.

## ONE The Essence of Loneliness

- 1 For example, the Norwegian Institute of Public Health gives this definition of loneliness: ‘Good social support means that one receives love and care, is respected and valued, and that one belongs to a social network and a community with mutual responsibilities. The opposite of good social support is loneliness.’ Folkehelseinstituttet, ‘Sosial støtte og ensomhet – faktaark’.
- 2 Cf. Scarry, *The Body in Pain*.
- 3 Eliot, *The Cocktail Party*, p. 414.
- 4 An extreme expression of such metaphysical loneliness is Ben Lazare Mijuskovic’s *Loneliness in Philosophy, Psychology and Literature* (1979), which reduces the entirety of human existence to a state of loneliness, and where those who might claim that loneliness is not so defining of his or her life cannot be described in any other way than individuals living in denial of their basic existential condition. Interpersonal communication is dismissed as a momentary, albeit comforting, illusion (Mijuskovic, *Loneliness in Philosophy, Psychology and Literature*, p. 82). Mijuskovic claims that loneliness is the most fundamental fact of human life, that loneliness is the basic structure of self-consciousness, and that when one attempts to see through themselves completely, they find an emptiness or desolation, in short: loneliness (ibid., pp. 13, 20). However, one can question whether this type of Cartesian introspection, where the self is made utterly transparent to itself, is even possible. Many philosophers, not least Kant, have provided arguments for why this is more than doubtful. One can further question why such introspection should yield a more basic truth than that revealed by extrospection. However that may be, the most important thing to keep in mind is that reflections such as Mijuskovic’s are so reductive and general that they overlook all multiplicity in the phenomenon they have set out to examine. It is tempting to turn to a Shakespearean citation that Wittgenstein considered using as a motto for *Philosophical Investigations*, ‘I’ll teach you differences!’ (Shakespeare, *King Lear*, Act I, Scene 4.) As Wittgenstein underscored in his remarks to Frazer’s *The Golden Bough*: ‘Nothing is so difficult as doing justice to the facts.’ (Wittgenstein, *Philosophical Occasions, 1912–1951*, p. 129.) It is the craving for generality that complicates matters (Wittgenstein, *The Blue Book*, pp. 17f). Indeed, Mijuskovic appears to be someone who, suffering from chronic loneliness, generalizes from his own experiences when he writes that a person can momentarily overcome the emotion of loneliness, but that such relief is never permanent or even particularly long-lasting (Mijuskovic, *Loneliness in Philosophy, Psychology and Literature*, p. 9). Most people, however, do not experience loneliness as Mijuskovic describes it. Of course, he can certainly try to contend that most people live in some sort of denial of their basic existential condition, but it is difficult to regard the arguments he provides for this as especially compelling.
- 5 Russell, *Autobiography*, p. 160, cf. p. 137.
- 6 Kahneman et al., ‘A Survey Method for Characterizing Daily Life Experience: The Day Reconstruction Method’; Emler, ‘Gossip, Reputation and Social Adaptation’.
- 7 Cacioppo, Hawkley and Berntson, ‘The Anatomy of Loneliness’; Wheeler, Reis and Nezlek, ‘Loneliness, Social Interaction, and Sex Roles’; Hawkley et al., ‘Loneliness in Everyday Life: Cardiovascular Activity, Psychosocial Context, and Health Behaviors’.
- 8 Sermat, ‘Some Situational and Personality Correlates of Loneliness’, p. 308.
- 9 Cacioppo and Patrick, *Loneliness*, p. 94.
- 10 See especially Peplau and Perlman, ‘Perspectives on Loneliness’; Perlman and Peplau, ‘Toward a Social Psychology of Loneliness’.
- 11 Cf. Russell et al., ‘Is Loneliness the Same as Being Alone?’

- 12 Tilburg, ‘The Size of Supportive Network in Association with the Degree of Loneliness’.
- 13 See for example Reis, ‘The Role of Intimacy in Interpersonal Relations’.
- 14 Cf. Hawkley and Cacioppo, ‘Loneliness Matters: A Theoretical and Empirical Review of Consequences and Mechanisms’.
- 15 Stillman et al., ‘Alone and Without Purpose: Life Loses Meaning Following Social Exclusion’; Williams, ‘Ostracism: The Impact of Being Rendered Meaningless’.
- 16 Baumeister and Vohs, ‘The Pursuit of Meaningfulness in Life’; Heine, Proulx and Vohs, ‘The Meaning Maintenance Model: On the Coherence of Social Motivations’.
- 17 James, *The Principles of Psychology*, vol. I, pp. 293–4.
- 18 Dostoyevsky, *Notes from the Underground*, p. 33.
- 19 Kierkegaard, *Sickness Unto Death*, p. 43.
- 20 Smith, *Theory of Moral Sentiments*, p. 84.
- 21 Ibid., p. 110.
- 22 Ibid., p. 153.
- 23 Shaftesbury, *Characteristics of Men, Manners, Opinions, Times*, p. 215.
- 24 Burke, *Philosophical Inquiry into the Origin of our Ideas of the Sublime and the Beautiful*, p. 53.
- 25 Locke, *Two Treatises of Government*, p. 318.
- 26 Locke, *Of the Conduct of the Understanding*, §45, p. 285.
- 27 Hume, *A Treatise on Human Nature*, Book II.ii.v, p. 363.
- 28 Hume, *Inquiries Concerning Human Understanding and Concerning the Principles of Morals*, p. 270.
- 29 See for example Cacioppo and Patrick, *Loneliness*.
- 30 Cf. Long and Averill, ‘Solitude: An Exploration of Benefits of Being Alone’, p. 38.
- 31 Bowlby, *Attachment and Loss*, vol. III: *Loss: Sadness and Depression*, p. 442.
- 32 Cf. Young, ‘Loneliness, Depression, and Cognitive Therapy: Theory and Application’.
- 33 Barthes, *Mourning Diary*, p. 69.
- 34 Murakami, *Colorless: Tsukuru Tazaki and His Years of Pilgrimage*.
- 35 Mahon and Yarcheski, ‘Loneliness in Early Adolescents: An Empirical Test of Alternate Explanations’; Mahon and Yarcheski, ‘Alternate Explanations of Loneliness in Adolescents: A Replication and Extension Study’.
- 36 Weiss, *Loneliness: The Experience of Emotional and Social Isolation*.
- 37 Another difference between these types of loneliness is that anxiety has a stronger correlation to social loneliness than emotional loneliness. (DiTommaso and Spinner, ‘Social and Emotional Loneliness: A Re-examination of Weiss’ Typology of Loneliness’.) 38 Weiss, *Loneliness*, p. 48.
- 39 Cf. Victor and Yang, ‘The Prevalence of Loneliness Among Adults: A Case Study of the United Kingdom’.
- 40 Geller et al., ‘Loneliness as a Predictor of Hospital Emergency Department Use’.
- 41 Holt-Lunstad, Smith and Layton, ‘Social Relationships and Mortality Risk: A Meta-Analytic Review’. See further Cacioppo and Cacioppo, ‘Social Relationships and Health: The Toxic Effects of Perceived Social Isolation’.
- 42 For a good overview of somatic correlates regarding loneliness, see Cacioppo and Patrick, *Loneliness*, ch. 6.
- 43 Hawkley and Cacioppo, ‘Aging and Loneliness – Downhill Quickly?’
- 44 Hawkley and Cacioppo, ‘Perceived Social Isolation: Social Threat Vigilance and its Implication for Health’, pp. 770–71.
- 45 Cacioppo and Patrick, *Loneliness*, p. 99.
- 46 For discussions of loneliness in the context of different psychiatric diagnoses, see for example Coplan and Bowker, eds, *The Handbook of Solitude: Psychological Perspectives on Social Isolation, Social Withdrawal, and Being Alone*.

- 47 Cacioppo, Hawkley and Thisted, 'Perceived Social Isolation Makes Me Sad: 5-Year Cross-lagged Analyses of Loneliness and Depressive Symptomatology in the Chicago Health, Aging, and Social Relations Study'.
- 48 Stravynski and Boyer, 'Loneliness in Relation to Suicide Ideation and Parasuicide: A Population-wide Study'; Rojas, *Childhood Social Exclusion and Suicidal Behavior in Adolescence and Young Adulthood*.
- 49 Baumeister, Twenge and Nuss, 'Effects of Social Exclusion on Cognitive Processes: Anticipated Aloneness Reduces Intelligent Thought'; Baumeister et al., 'Social Exclusion Impairs Selfregulation'; Twenge et al., 'If You Can't Join Them, Beat Them: Effects of Social Exclusion on Aggressive Behavior'; Twenge, Catanese and Baumeister, 'Social Exclusion Causes Self-defeating Behavior'; Twenge, Catanese and Baumeister, 'Social Exclusion and the Deconstructed State: Time Perception, Meaninglessness Lethargy, Lack of Emotion, and Self-awareness'; Twenge et al., 'Social Exclusion Decreases Prosocial Behavior'.
- 50 Cf. Ozcelic and Barsade, 'Work Loneliness and Employee Performance'.

## TWO Loneliness as Emotion

- 1 Ben-Ze'ev, *The Subtlety of Emotions*, p. 5.
- 2 Ibid., p. 470.
- 3 Eisenberger, Lieberman and Williams, 'Does Rejection Hurt? An fMRI Study of Social Exclusion'.
- 4 MacDonald and Leary, 'Why Does Social Exclusion Hurt? The Relationship Between Social and Physical Pain'.
- 5 Cf. Lieberman, *Social: Why Our Brains are Wired to Connect*, pp. 64ff.
- 6 Here I will especially emphasize Ben-Ze'ev, *The Subtlety of Emotions*.
- 7 Ekma, 'An Argument for Basic Emotions'; Solomon, 'Back to Basics: On the Very Idea of "Basic Emotions"'.
- 8 Cf. Ortony et al., *The Cognitive Structure of the Emotions*, p. 27.
- 9 For a good discussion that takes such an approach, see Gross, *The Secret History of Emotion: From Aristotle's Rhetoric to Modern Brain Science*.
- 10 Asher and Paquette, 'Loneliness and Peer Relations in Childhood'.
- 11 Taylor, *Philosophical Papers*, vol. 1: *Human Agency and Language*, p. 63.
- 12 Aristotle, *Nicomachean Ethics*, 1094b24.
- 13 La Rochefoucauld, *Collected Maxims*, §27.
- 14 Heidegger, *Nietzsche*, p. 99.
- 15 Ibid., p. 51.
- 16 Heidegger, *Hölderlin's Hymns 'Germania' and 'The Rhein'*.
- 17 Heidegger, *Pathmarks*, p. 87.
- 18 Heidegger, *History of the Concept of Time: Prologomena*, p. 296.
- 19 Beckett, *Dream of Fair to Middling Women*, p. 6.
- 20 Heidegger, *The Fundamental Concepts of Metaphysics: World, Finitude, Solitude*, p. 6.
- 21 Ibid., p. 67.
- 22 Wittgenstein, *Tractatus logico-philosophicus*, §6.43.
- 23 Cf. Hawkley et al., 'Loneliness in Everyday Life: Cardiovascular Activity, Psychosocial Context, and Health Behaviors'.
- 24 Aristotle, *Rhetoric*, 1382a.
- 25 Aristotle, *Nicomachean Ethics*, 1115b.
- 26 Shaver, Furman and Buhrmester, 'Transition to College: Network Changes, Social Skills, and Loneliness'.

- 27 Flett, Hewitt and Rosa, 'Dimensions of Perfectionism, Psychosocial Adjustment, and Social Skills'.
- 28 Heidegger, *Being and Time*, p. 148.
- 29 Heidegger, *Hölderlin's Hymns*, p. 89.
- 30 Heidegger, *Being and Time*, p. 136.
- 31 Heidegger, *Hölderlin's Hymns*, p. 142.

### THREE Who are the Lonely?

- 1 Victor et al., 'Has Loneliness amongst Older People Increased? An Investigation into Variations between Cohorts'; Victor, Scrambler and Bond, *The Social World of Older People*.
- 2 Cf. AARP, *Loneliness among Older Adults: A National Survey of Adults 45+*.
- 3 The data used here is taken from the survey 'Samordnet levekårsundersøkelse 1980–2012'. Statistics Norway (SSB) is responsible for the collection of the data. The data is assembled and made available in anonymized form by Norwegian Social Science Data Services (NDS). Neither SSB nor NDS is responsible for the analysis of the data or the interpretations made here. A huge thanks to Thomas Sevenius Nilsen at the Norwegian Institute for Public Health for help with processing the figures.
- 4 For an overview of a portion of these studies, see Yang and Victor, 'Age and Loneliness in 25 European Nations'; Victor and Yang, 'The Prevalence of Loneliness Among Adults: A Case Study of the United Kingdom'.
- 5 See, for example, Pinquart and Sorensen, 'Influences on Loneliness in Older Adults: A Meta-analysis'. On the other hand, there are also studies that conclude that loneliness levels are lower in old age, but that deviates from most other studies (cf. Gibson, *Loneliness in Later Life*).
- 6 Rotenberg, 'Parental Antecedents of Children's Loneliness'.
- 7 Cacioppo and Patrick, *Loneliness*, p. 24; Cacioppo, Cacioppo and Boomsma, 'Evolutionary Mechanisms for Loneliness'; Goossens et al., 'The Genetics of Loneliness: Linking Evolutionary Theory to Genome-wide Genetics, Epigenetics, and Social Science'; Distel et al., 'Familiar Resemblance for Loneliness'.
- 8 Lucht et al., 'Associations between the Oxytocin Receptorgene (OXTR) and Affect, Loneliness and Intelligence in Normal Subjects'.
- 9 Cf. Norman et al., 'Oxytocin Increases Autonomic Cardiac Control: Moderation by Loneliness'.
- 10 Halvorsen, *Ensomhet og sosial isolasjon i vår tid*, p. 84, 110.
- 11 Tornstam, 'Loneliness in Marriage'.
- 12 Yang and Victor, 'Age and Loneliness in 25 European Nations'.
- 13 Ibid.
- 14 An exception to this is that men who live alone more often report a significant feelings of loneliness than women who live alone. (Olds and Schwartz, *The Lonely American*, p. 82).
- 15 See, for example, Pinquart and Sorensen, 'Influences on Loneliness in Older Adults: A Meta-analysis'.
- 16 See, for example, Borys and Perlman, 'Gender Differences in Loneliness'.
- 17 Yang and Victor, 'Age and Loneliness in 25 European Nations'.
- 18 Olds and Schwartz, *The Lonely American*, p. 117.
- 19 Knut Halvorsen utilizes both explanations in his loneliness study, where first he indicates that the difference is alone due to the fact that women are more open about their loneliness than men. However, when he discusses loneliness among disabled boys and girls, he opens the possibility that the difference can be due to the fact that girls have different expectations of loneliness than boys. (Halvorsen, *Ensomhet og sosial isolasjon i vår tid*, pp. 114, 117.) 20 Boomsma et al.,

‘Genetic and Environmental Contributions to Loneliness in Adults: The Netherlands Twin Register Study’.

- 21 Cf. Baumeister, *The Cultural Animal: Human Nature, Meaning, and Social Life*, p. 111.
- 22 Tornstam, ‘Loneliness in Marriage’.
- 23 Vanhalst et al., ‘The Development of Loneliness from Mid- to Late Adolescence: Trajectory Classes, Personality Traits, and Psychosocial Functioning’.
- 24 Cacioppo and Patrick, *Loneliness*, p. 94.
- 25 Ibid., p. 30.
- 26 Ibid., pp. 13–14. See also Bell and Daly, ‘Some Communicator Correlates of Loneliness’; Wanzer, Booth-Butterfield and Booth-Butterfield, ‘Are Funny People Popular? An Examination of Humor Orientation, Loneliness, and Social Attraction’.
- 27 Teppers et al., ‘Personality Traits, Loneliness, and Attitudes toward Aloneness in Adolescence’; Cacioppo et al., ‘Loneliness within a Nomological Net: An Evolutionary Perspective’.
- 28 Duck, Pond and Leatham, ‘Loneliness and the Evaluation of Relational Events’. See also Jones, ‘Loneliness and Social Contact’; Jones and Moore, ‘Loneliness and Social Support’; Jones, Sanson, and Helm, ‘Loneliness and Interpersonal Judgments’; Spitzberg and Canary, ‘Loneliness and Relationally Competent Communication’.
- 29 Cf. Jones, Freeman and Goswick, ‘The Persistence of Loneliness: Self and Other Determinants’.
- 30 Bellow, *Herzog*.
- 31 Kupersmidt et al., ‘Social Self-discrepancy Theory and Loneliness During Childhood and Adolescence’.
- 32 Lau and Gruen, ‘The Social Stigma of Loneliness: Effect of Target Person’s and Perceiver’s Sex’; Rotenberg and Kmill, ‘Perception of Lonely and Non-lonely Persons as a Function of Individual Differences in Loneliness’.
- 33 Cf. Hawkley et al., ‘Loneliness in Everyday Life: Cardiovascular Activity, Psychosocial Context, and Health Behaviors’.
- 34 Ernst and Cacioppo, ‘Lonely Hearts: Psychological Perspectives on Loneliness’; Vaux, ‘Social and Emotional Loneliness: The Role of Social and Personal Characteristics’.
- 35 Cacioppo and Patrick, *Loneliness*, p. 103.
- 36 Cf. Twenge et al., ‘Social Exclusion Decreases Prosocial Behavior’.
- 37 DeWall and Baumeister, ‘Alone but Feeling no Pain: Effects of Social Exclusion on Physical Pain Tolerance and Pain Threshold, Affective Forecasting, and Interpersonal Empathy’.
- 38 Jones, Hobbs and Hockenbury, ‘Loneliness and Social Skill Deficits’.
- 39 Bell, ‘Conversational Involvement and Loneliness’.
- 40 Solano, Batten and Parish, ‘Loneliness and Patterns of Self-disclosure’.
- 41 Goswick and Jones, ‘Loneliness, Self-concept, and Adjustment’.
- 42 Lemay and Clark, “‘Walking on Eggshells’: How Expressing Relationship Insecurities Perpetuates Them’.
- 43 Bell, ‘Emotional Loneliness and the Perceived Similarity of One’s Ideas and Interests’.
- 44 Weisbuch and Ambady, ‘Affective Divergence: Automatic Responses to Others’ Emotions Depend on Group Membership’.
- 45 Cf. Twenge and Campbell, *The Narcissism Epidemic*, pp. 191–2.
- 46 Shaver, Furman and Buhrmester, ‘Transition to College: Network Changes, Social Skills, and Loneliness’.
- 47 Cacioppo and Patrick, *Loneliness*, p. 163.
- 48 Flett, Hewitt and Rosa, ‘Dimensions of Perfectionism, Psychosocial Adjustment, and Social Skills’.
- 49 Næss, *Bare et menneske*, p. 37.
- 50 Ibid., p. 7.
- 51 Ibid., p. 213.



- 52 Ibid., p. 36.
- 53 Ibid., p. 132.
- 54 Ibid., p. 250.
- 55 Gardner et al., 'On the Outside Looking In: Loneliness and Social Monitoring'.
- 56 Dandeneau et al., 'Cutting Stress Off at the Pass: Reducing Vigilance and Responsiveness to Social Threat by Manipulating Attention'; Murray et al., 'Balancing Connectedness and Self-protection Goals in Close Relationships: A Levels-of-Processing Perspective on Risk Regulation'.
- 57 DeWall et al., 'It's the Thought that Counts: The Role of Hostile Cognition in Shaping Aggressive Responses to Social Exclusion'.
- 58 Maner et al., 'Does Social Exclusion Motivate Interpersonal Reconnection? Resolving the "Porcupine Problem"'.

## FOUR Loneliness and Trust

- 1 It must be observed that at present too little research has been conducted to clarify the relationship between these phenomena. In loneliness research, there are just a handful of studies that take up the connection, and in trust research loneliness remains largely un-themed. See the following studies: Rotenberg, 'Loneliness and Interpersonal Trust'; Rotenberg et al., 'The Relationship between Loneliness and Interpersonal Trust during Middle Childhood'; Rotenberg et al., 'The Relation Between Trust Beliefs and Loneliness during Early Childhood, Middle Childhood, and Adulthood'.
- 2 Rotenberg et al., 'The Relation between Trust Beliefs and Loneliness during Early Childhood, Middle Childhood, and Adulthood'.
- 3 Halvorsen, *Ensomhet og sosial isolasjon i vår tid*, p. 75.
- 4 Auster, *The Invention of Solitude*, p. 50.
- 5 Cf. 'Loneliness in Everyday Life: Cardiovascular Activity, Psychosocial Context, and Health Behaviors'.
- 6 Ernst and Cacioppo, 'Lonely Hearts: Psychological Perspectives on Loneliness', and Vaux, 'Social and Emotional Loneliness: The Role of Social and Personal Characteristics'.
- 7 Bell, 'Emotional Loneliness and the Perceived Similarity of One's Ideas and Interests'.
- 8 Simmel, *The Philosophy of Money*, p. 191.
- 9 For measurements of trust levels in different countries and its development over time, see [www.worldvaluessurvey.org/wvs.jsp](http://www.worldvaluessurvey.org/wvs.jsp).
- 10 OECD, 'Trust', in *Society at a Glance, 2011: OECD Social Indicators*, pp. 90–91.
- 11 Such an assumption is supported by Chen, 'Loneliness and Social Support of Older People in China: a Systematic Literature Review'. However, it must be observed that this study demonstrates great variation among different surveys. See further Wang et al., 'Loneliness among the Rural Older People in Anhui, China: Prevalence and Associated Factors', and Yang and Victor, 'The Prevalence of and Risk Factors for Loneliness among Older People in China'.
- 12 See for example, OECD, *Society at a Glance, 2014: OECD Social Indicators*, pp. 138ff.
- 13 Wollebæk and Segard, *Sosial kapital i Norge*.
- 14 A common suggestion has been that ethnic homogeneity creates trust and ethnic diversity reduces trust, but this appears to only partially be the case. In neighbourhoods with greater ethnic diversity, there is a lower level of trust between neighbours, but this ethnic diversity does not appear to create lower levels of generalized trust. (Cf. Meer and Tolsma, 'Ethnic Diversity and its Effects on Social Cohesion'.) 15 Cf. Fukuyama, *Political Order and Political Decay*, pp. 97–125, see especially pp. 123ff.
- 16 Bergh and Bjørnskov, 'Historical Trust Levels Predict the Current Size of the Welfare State'.

- 17 Arendt, *The Origins of Totalitarianism*, p. 478.
- 18 Ibid., p. 477.
- 19 Cf. Hosking, *Trust: A History*, ch. 1.
- 20 See, for example, Schlögel, *Moscow, 1937*, p. 194.
- 21 Arendt, *The Origins of Totalitarianism*, p. 323.
- 22 Arendt, *Denktagebuch 1950 bis 1973. Erster Band*, pp. 126–7. Thanks to Helgard Mahrtdt for drawing my attention to this citation.
- 23 Arendt, *The Human Condition*, p. 59.
- 24 Aristotle, *Nicomachean Ethics*, 1161b9.
- 25 Eliot, *Middlemarch*, p. 273.
- 26 Cf. Grimen, *Hva er tillit*, p. 109.
- 27 La Rochefoucauld, *Collected Maxims*, §84.
- 28 Ibid., §86.
- 29 Fukuyama, *Trust: The Social Virtues and the Creation of Prosperity*, pp. 27, 152–3.
- 30 Løgstrup, *The Ethical Demand*, p. 8.
- 31 Cf. Hawkley et al., ‘Loneliness in Everyday Life: Cardiovascular Activity, Psychosocial Context, and Health Behaviors’.
- 32 Rotenberg et al., ‘The Relation between Trust Beliefs and Loneliness during Early Childhood, Middle Childhood, and Adulthood’.
- 33 Terrell, Terrell and von Drashek, ‘Loneliness and Fear of Intimacy among Adolescents who were Taught Not to Trust Strangers during Childhood’.
- 34 Shallcross and Simpson, ‘Trust and Responsiveness in Strain-test Situations: A Dyadic Perspective’.

## FIVE Loneliness, Friendship and Love

- 1 See for example Caine, ed., *Friendship: A History*, and May, *Love: A History*.
- 2 Aristotle, *Politics*, 1253a.
- 3 Ibid.
- 4 Aristotle, *Nicomachean Ethics*, 1169b10.
- 5 Ibid., 1156a9.
- 6 Ibid., 1156b7–12.
- 7 Ibid., 1156b25.
- 8 Ibid., 1166a30.
- 9 Kant, *Lectures on Ethics*, pp. 24, 27, 54.
- 10 Kant, *The Metaphysics of Morals*, pp. 216–17.
- 11 Ibid., p. 217.
- 12 Kant, *Lectures on Ethics*, pp. 185–6.
- 13 Ibid., p. 410.
- 14 Ibid., p. 25.
- 15 Ibid., p. 182.
- 16 Ibid., pp. 413–14.
- 17 Kant, ‘On the Character of the Species’, in *Anthropology from a Pragmatic Point of View*, Part II.E, p. 184.
- 18 Ibid., part II.E, p. 190. On this, see further Kant, *Lectures on Anthropology*, pp. 499–500.
- 19 Kant, ‘Idea for a Universal History with a Cosmopolitan Purpose’, p. 44. See also *Metaphysics of Morals*, p. 216.
- 20 On this subject, see further Kant, *Lectures on Ethics*, p. 174.
- 21 Kant, *Metaphysics of Morals*, pp. 216–17.



- 22 Ibid., p. 216.
- 23 Kant, *Lectures on Ethics*, p. 190.
- 24 See especially Montaigne, 'Of Solitude'.
- 25 Montaigne, 'Of Friendship', p. 383.
- 26 Ibid., pp. 390–91.
- 27 Ibid., pp. 391, 393.
- 28 Ibid., p. 397.
- 29 Ibid., p. 400.
- 30 Cf. Aristotle, *Rhetoric*, 1380b36.
- 31 Simmel, *Sociology*, p. 321.
- 32 Plato, *Symposium*, 189d–190a.
- 33 Ibid., 191a–b.
- 34 Ibid., 193c.
- 35 Abelard and Heloise: *The Letters and Other Writings*.
- 36 Goethe, *The Sorrows of Young Werther*, p. 25.
- 37 Ibid., p. 31.
- 38 Ibid., p. 86.
- 39 Ibid., p. 53.
- 40 Ibid., p. 127.
- 41 Heidegger, *History of the Concept of Time: Prolomegna*, pp. 296–7.
- 42 Milligan, *Love*, p. 3.
- 43 Cited from Arkins, *Builders of My Soul: Greek and Roman Themes in Yeats*, p. 148.
- 44 Joyce, 'A Portrait of the Artist as a Young Man' and 'Dubliners', p. 409. The example is taken from Milligan, *Love*, pp. 16–17.
- 45 Baudelaire, *Paris Spleen*, pp. 51–2.
- 46 Mykle, *Largo*, p. 114.
- 47 Tolstoy, *Family Happiness and Other Stories*, p. 38.
- 48 Frankfurt, *The Importance of What We Care About*, p. 170.
- 49 Jaspers, 'The Individual and Solitude', p. 189.
- 50 Ibid.
- 51 Jaspers, *Philosophie II. Existenzerhellung*, p. 61.
- 52 Ibid., p. 62.
- 53 Rilke, *Letter to a Young Poet*, p. 35.

## SIX Individualism and Loneliness

- 1 Beck and Beck-Gernsheim, *Individualization: Institutionalized Individualism and its Social and Political Consequences*, p. xxii.
- 2 Beck, *Risk Society*, p. 122.
- 3 Mill, *Principles of Political Economy with Some of their Applications to Social Philosophy*, p. 938.
- 4 See especially Berlin, *Liberty*. I have analysed the concepts of negative and positive freedom in *The Philosophy of Freedom*, ch. 6.
- 5 Sen, *Rationality and Freedom*, chs 20–22.
- 6 See especially Simmel, 'Die beiden Formen des Individualismus', and Simmel, 'Kant und der Individualismus'.
- 7 Simmel, *Kant. Die Probleme der Geschichtsphilosophie*, p. 220.
- 8 Simmel, 'Die beiden Formen des Individualismus', p. 54. In and of itself, this is no unreasonable assertion, but it is rather surprising that Simmel does not one mention that the most radical

variant of Romantic, liberal individualism is developed by Wilhelm von Humboldt in *The Limits of State Action* (1792), which in its own right proved a main source of inspiration for John Stuart Mill's liberalism, where the necessity of an individual space for the development of a unique personality was central to political philosophy and social philosophy.

- 9 Simmel, 'The Metropolis and Mental Life'.
- 10 Cf. Giddens, *Modernity and Self-identity: Self and Identity in the Late Modern Age*, p. 5, and Giddens, *The Transformations of Intimacy*, p. 30.
- 11 Nietzsche, *The Gay Science*, §270, cf. §335.
- 12 Dostoyevsky, *Notes from the Underground*.
- 13 Cf. Taylor, *The Ethics of Authenticity*, p. 40.
- 14 Mead, *Mind, Self and Society*.
- 15 Sandel, *Liberalism and the Limits of Justice*, p. 179.
- 16 Cf. Marar, *The Happiness Paradox*.
- 17 Cf. Klinenberg, *Going Solo*, p. 3.
- 18 Ibid., pp. 4–5.
- 19 Olds and Schwartz, *The Lonely American*, p. 82.
- 20 EU, *Independent Living for the Ageing Society*.
- 21 Klinenberg, *Going Solo*, p. 160.
- 22 Ibid., p. 10.
- 23 Schumpeter, *Capitalism, Socialism and Democracy*, pp. 157–8.
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- 54 Amichai-Hamburger and Schneider, 'Loneliness and Internet Use'.
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## SEVEN Solitude

- 1 Cf. Long and Averill, 'Solitude: An Exploration of Benefits of Being Alone'.
- 2 Galanaki, 'Are Children Able to Distinguish among the Concepts of Aloneness, Loneliness, and Solitude?'
- 3 Larson, 'The Emergence of Solitude as a Constructive Domain of Experience in Early Adolescence'.
- 4 Cicero, *On Friendship*, p. 83.
- 5 Cicero, *On Duties*, Book I, ch. 43ff.
- 6 Zimmermann, *On Solitude*, vol. IV, pp. 373–4.
- 7 Ibid., vol. I, p. 286.
- 8 Ibid., vol. I, pp. 20, 29–30.
- 9 Garve, *Über Gesellschaft und Einsamkeit*.
- 10 Ibid., vol. I, pp. 55–6.
- 11 Ibid., vol. I, p. 99.
- 12 Ibid., vol. I, p. 334.
- 13 Kant, *Critique of Judgement*, p. 87.
- 14 Kant, *Anthropology from a Pragmatic Point of View*, Part I, §88, pp. 143–4.
- 15 This is not just true of philosophy. In the Bible God has a tendency to impart His message to people when they are alone. Moses received the Torah after spending forty days alone on Mount Sinai. Paul was alone when he received his revelation on the way to Damascus. Even though Jesus was undoubtedly a social figure, he often withdrew to pray in solitude, and he ordered his disciples to do the same. Early saints went out in the wilderness, away from their fellow men, to experience the tests Jesus had undergone there, and through this isolation to achieve a closer bond with God. Muhammad received his first revelation when he was alone in his cave on Jabal al-Nour. Ultimately, revelations seem to take place in solitude.
- 16 Descartes, *A Discourse on the Method of Correctly Conducting One's Reason and Seeking Truth in the Sciences*, p. 27.
- 17 Aristotle, *Nicomachean Ethics*, 1177a–b.
- 18 See for example Eckhart, 'On Detachment.'
- 19 Cf. St John of the Cross, *Dark Night of the Soul*, chs VI–VII, pp. 52–7.
- 20 Petrarch, *The Life of Solitude*.

- 21 Ibid., p. 131.
- 22 Montaigne, 'Of Solitude', p. 481.
- 23 Ibid., pp. 488–9.
- 24 Ibid., p. 485.
- 25 Ibid., p. 498.
- 26 Cf. Montaigne, 'Of Three Commerces', pp. 1220–21.
- 27 Emerson, 'Nature'.
- 28 Emerson, 'Experience', p. 322.
- 29 Wordsworth, *The Prelude*, Book 4, ll. 354–8, p. 161.
- 30 Schopenhauer, *Parerga and Paralipomena*, I, p. 24.
- 31 Ibid., p. 26.
- 32 Ibid.
- 33 Ibid., pp. 28–9.
- 34 Ibid., p. 27.
- 35 Nietzsche, *Daybreak*, §491, p. 201.
- 36 Nietzsche, *Human, All too Human*, vol. II, §333, p. 344. Cf. Nietzsche, *Daybreak*, §566, p. 227.
- 37 Nietzsche, *Thus Spoke Zarathustra*, p. 49.
- 38 Nietzsche, *Beyond Good and Evil*, §284, p. 171.
- 39 Ibid., §25, p. 26.
- 40 Nietzsche, *Daybreak*, §443, p. 188.
- 41 Nietzsche, *Thus Spoke Zarathustra*, p. 255.
- 42 Nietzsche, *Nachgelassene Fragmente*, 1880–1882, p. 110.
- 43 Heidegger, *The Basic Problems of Phenomenology*, §10, p. 78.
- 44 Heidegger, *Plato's Sophist*, p. 36.
- 45 Heidegger, *Being and Time*, p. 115; Heidegger, *History of the Concept of Time: Prolegomena*, p. 238.
- 46 Heidegger, *Being and Time*, pp. 116–17.
- 47 Heidegger, *History of the Concept of Time: Prolegomena*, pp. 317–18.
- 48 Heidegger, *Being and Time*, p. 254.
- 49 Ibid., p. 240.
- 50 Heidegger, *History of the Concept of Time: Prolegomena*, pp. 317–18.
- 51 Heidegger, *Being and Time*, p. 182. Cf. Heidegger, *Ontology: The Hermeneutics of Facticity*, pp. 6–7.
- 52 Heidegger, *Logic as the Question Concerning the Essence of Language*, p. 45.
- 53 Heidegger, *The Fundamental Concepts of Metaphysics: World, Finitude, Solitude*, p. 6.
- 54 Heidegger, *What is Called Thinking?*, p. 169.
- 55 Rousseau, *Reveries of the Solitary Walker*.
- 56 Ibid., p. 1.
- 57 Ibid., p. 84.
- 58 Rousseau, *Emile, or, On Education*, p. 39.
- 59 In other words, the exact opposite of Thomas Hobbes's description of human life in a natural state, 'solitary, poor, nasty, brutish, and short' (Hobbes, *Leviathan*, p. 76).
- 60 Kant, 'Conjectural Beginning of Human History', p. 174.
- 61 Rousseau, *Discourse on Inequality*, p. 41.
- 62 Ibid., pp. 34–5.
- 63 Thoreau, *Walden*, p. 131.
- 64 Abbey, *Desert Solitaire: A Season in the Wilderness*.
- 65 Thoreau, *Walden*, p. 131.
- 66 Hayek, *The Constitution of Liberty*, p. 61.

- 67 Cf. Ariès and Duby, eds, *A History of Private Life*; Weintraub and Kumar, eds, *Public and Private in Thought and Practice*.
- 68 Cf. Moore, Jr, *Privacy*.
- 69 Mill, *Principles of Political Economy*, p. 756.
- 70 Long and Averill, 'Solitude: An Exploration of Benefits of Being Alone', p. 30.
- 71 Cf. Sartre, *Being and Nothingness*, pp. 347ff.
- 72 Ibid., p. 321.
- 73 Ibid., p. 320.
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- 77 Fichte, *The System of Ethics*, p. 262.
- 78 Duras, *Writing*, p. 2.
- 79 Leary et al., 'Finding Pleasure in Solitary Activities: Desire for Aloneness or Disinterest in Social Contact?'
- 80 Russell, *Unpopular Essays*, pp. 67–8.
- 81 Marquard, 'Plädoyer für die Einsamkeitsfähigkeit'.
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- 86 Nietzsche, *Daybreak*, §443, p. 188.
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- 88 Butler, 'A Melancholy Man', p. 59.
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- 90 Ibid., p. 177.
- 91 Arendt, *The Origins of Totalitarianism*, p. 475.
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- 93 Ibid., p. 75.
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- 96 Hauge, 'Attum einsemds berg'.

## EIGHT Loneliness and Responsibility

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- 2 Didion, *Play It as It Lays*, pp. 122–3.
- 3 Stillman et al., 'Alone and Without Purpose: Life Loses Meaning Following Social Exclusion'; Williams, 'Ostracism: The Impact of Being Rendered Meaningless'.
- 4 Baumeister and Vohs, 'The Pursuit of Meaningfulness in Life'; Heine, Proulx and Vohs, 'The Meaning Maintenance Model: On the Coherence of Social Motivations'.
- 5 Baumeister and Leary, 'The Need to Belong: Desire for Interpersonal Attachments as a Fundamental Human Motivation', p. 497. For an elaboration, see Baumeister, *The Cultural Animal*.
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‘Individual Differences in Reactions to Rejection’.

7 Slater, *The Pursuit of Loneliness*, p. 5.

8 Hegel, ‘Introduction to Aesthetics’, in *Hegel’s Aesthetics*, p. 66.

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12 Pascal, *Pensées*, pp. 61–2.

13 Elias, *The Loneliness of the Dying*, p. 66.

14 Bjørneboe, *The Bird Lovers*, p. 153.

15 Lawrence, *Late Essays and Articles*, pp. 297–8.

16 Ford, *Canada*, p. 292.





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