

## ESSAY WRITING

Read the paragraphs and order them. Drag and drop the numbers.

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### HOW IS IT TO LIVE ALONE?

Depression can also lead to unhappiness and loneliness, including other compulsive behaviors such as spending too much money or overeating. This emotional problem may drive people to fill this empty feeling by accepting jobs or relationships that they do not really want. People living by themselves usually engage in a number of activities, such as volunteering their personal resources and time in service to others.

In the United States alone, circumstance lead people to living alone. For instance, high school and college graduates decide to move away from their home, continuing with their educations or accept jobs. Schools usually assign roommates, though employers typically expect their employees to handle their own accommodation arrangements. These facts highlight the fact that most people need to live life by themselves at least once in their lifetime, whether they want it or not.

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With all of these factors taken into consideration, it is important for everybody to ask ourselves: If I am faced with the situation wherein I need to live alone starting tomorrow, would I be capable of doing so? Do I know how to live alone? If your answer to any of these questions is a sounding "No", you definitely need to be alert as to what living alone is involved. At a future point in your life, this is something that you may not be able to hide from.

The poet Mary Sarton said that being "alone is never lonely". However, most people are afraid just at the thought of living alone. They are used to the presence of other people, as children with their parents, friends with their roommates, wives with their husbands. While statistics can provide information that back this up, they have been prepared rarely. As such, most adult men and women need to know how to successfully live alone at some point in their lives.

One of the most challenging problems faced by people living alone is dealing with the feelings of loneliness. First, they need to understand this feeling. There are some people who confuse the feeling of being alone to that of being lonely. They have to remember that married people can feel very lonely in an unhappy marriage, and anybody can suffer from the feeling of loneliness inside a room that is filled with friends.