Wish You Were Here [1]

Week of:
Jan 09, 2015

Long distance relationship: Taking the sting out of separation [2]

Dear Alice,

I am a grad student in a two-year master's program in New York City who is suffering from great amounts of love-sickness. My boyfriend of three years is continuing work on his master's at our undergrad institution on the west coast. We talk over email and on the phone, and will see each other spring break, but it's so hard!!! I don't suppose you'd have any suggestions for helping pass away the time? Once the semester gets moving and I have work it's easier, but now, having just left his arms, I am missing him like crazy.

It's worse at night, when I'm used to having him next to me. I know the time will go fast, and soon we will be together again, but I'm worried because the potential to sit and brood about how much I miss him is so high. I really love this guy and vice versa. We've talked about it. In fact, I wouldn't be writing you except for he's in class for the moment and I'm just sitting here trying to figure out what to do for this three day weekend.

? Sigh.

Read more [2]

Fiancé is leaving for war ? I'm stressed! [3]

Dear Alice,

Please help! My fiancé is leaving to go serve his country in Iraq for a year and I am beside myself with worry. It's gotten to the point where I can't sleep or even concentrate on anything. My doctor tried to make me get on antidepressants, but I'm not depressed, just stressed and worried. Any suggestions on medications or at home techniques I can try to make myself relax and not think about it?

Read more [3]
Nostalgia for the good ol' (college) days

Alice,

I have graduated from college with an associate's degree in 2002. I loved college a lot, especially the whole social scene. It was a great time to really learn more about yourself and others and to finally have freedom. Now I sort of feel nostalgic about my days at college, and sometimes wish I could go back to that time which I know is quite impossible. My question is this normal for people and why would people feel that way.

Read more

Finding a partner

Dear Alice,

I don't know whom to contact or if I should contact a professional. I am a 30 year old male, and I want to have a relationship. I find that when I try to approach someone, I can't seem to. I am not sure whether I should seek professional counseling or not. Please help.

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Can loneliness kill?

Dear Alice,

I've thought and thought about this, but can loneliness kill you? I've lived through my teenage years, twenties, three-quarters of my thirties, but am still hoping that just around the corner will be the one. If not ? can loneliness kill you?

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