

Let's Be Islands Together

Thanks for being here with me. This interactive project is for anyone who has experienced loneliness. That is to say, all of us.

I began exploring the metrics of loneliness as Covid became endemic and the world started to open up. Having anticipated that my own feelings of loneliness and isolation would ease, I was surprised when this failed to be true. I felt a longing for some kind of emergence and began exploring new ways of connecting through my art practice.

I started talking to others about the work I was doing. The response was overwhelming and I realized that we are *all* alone, together.

I designed this project as a way for us to be in conversation with one another about our experiences of loneliness and belonging. This project is not mine, it's ours. My job is to tell your story.

"Listening is where love begins: listening to ourselves and then to our neighbours." - Fred Rogers

At this time, the project is open only to Comox Valley residents. It will take you about ten minutes.

Acknowledgements:

Most importantly, I'd like to acknowledge the [K'òmoks First Nation](#) on whose land I have the privilege of working.

Let's be Islands Together builds on the important work done by the [Jo Cox foundation](#), [BBC's Loneliness Experiment](#), and the [Wellcome Collection](#), a museum dedicated to thinking deeply about the connections between science, medicine, life and art.

Thank you to the [Comox Valley Art Gallery](#) for their continued support of this project.

As the author of this project, I take the protection of your personal information very seriously. This survey does not collect personal identifiable information. This work is self-initiated, without commission or direct remuneration. Please read the [Terms and Conditions](#) to learn more. If you would prefer to participate offline, please [email me](#) for a printed form.

* Indicates required question

1. **Do you live in the Comox Valley? ***

Mark only one oval.

yes

no

Other: _____

2. **Please enter the current time of day ***

Example: 8:30 AM

3. **I'd like you to create your own unique tracking code. This will allow you to identify your data in the project without needing to submit any identifiable information. ***

Add your **COLOUR**, **PLACE NAME**, and **CANDY** below (eg. Orange Scotland Reeces)

4. **How often do you feel lonely?**

Mark only one oval.

always

often

occasionally

hardly ever

never

5. **How often do you feel that you lack company?**

Mark only one oval.

- always
- often
- occasionally
- hardly ever
- never

6. **How often do you feel isolated from others?**

Mark only one oval.

- always
- often
- occasionally
- hardly ever
- never

7. **How often do you feel left out?**

Mark only one oval.

- always
- often
- occasionally
- hardly ever
- never

The feeling of loneliness differs for different people. For some, it's fleeting moments; for others, it's a chronic condition. For the next set of questions, I'm trying to get a sense of how it generally feels for you.

8. The last time you experienced loneliness, how long did it last for?

Mark only one oval.

- hours
- days
- weeks
- months
- indefinitely
- I don't experience loneliness

9. The last time you experienced loneliness, how intense was it?

Mark only one oval.

- extremely intense
- moderately intense
- mildly intense
- I don't experience loneliness

10. Is loneliness ever a positive experience for you?

Mark only one oval.

- yes
- no

11. **If you have felt loneliness as a positive experience, please briefly elaborate.**

In this next section, I'd like to get a sense of your experience of community. Community can mean many things... your street or neighbourhood, your town, or even an intentional community you've selected. Please use whatever description of community feels right for you.

12. **How long have you lived in your community?**

Mark only one oval.

- less than 1 year
- 1-2 years
- 3 - 5 years
- 5-10 years
- 11-20 years
- more than 20 years
- the community I identify with isn't where I live

13. **I feel a sense of belonging in my community. How strongly do you agree with this statement?**

Mark only one oval.

1 2 3 4 5 6

I str I strongly agree

14. **I feel a sense of trust in my community. How strongly do you agree with this statement?**

Mark only one oval.

1 2 3 4 5 6

I str I strongly agree

15. **My values are shared in my community (eg, reflected by neighbours, schools, culture, infrastructure and governance in your district). How strongly do you agree with this statement?**

Mark only one oval.

1 2 3 4 5 6

I str I strongly agree

16. **When was the last time you made a new friend that you could share your problems with (eg. I can't find my cat, I'm sick and need groceries), either in person or online?**

Mark only one oval.

- in the last 6 months
 this year
 in the last two years
 in the last five years
 longer than five years

17. **How often do you meet up in person with family members or friends (not living in your home)?**

Mark only one oval.

- all the time
- often
- occasionally
- hardly ever
- never

Now I'm asking about the facts of your life.

18. **What is your age?**

Mark only one oval.

- < 16
- 16-24 years old
- 25-34 years old
- 35-44 years old
- 45-54 years old
- 55-64 years old
- 65-74 years old
- 75 +

19. **Who do you live with (at least 3/4 of the time)? Choose all that apply.**

Check all that apply.

- Spouse or significant other(s)
- children or step children
- siblings or step-siblings
- parents
- friends
- roommates
- care home residents
- university housing residents
- I live alone
- Other: _____

20. **I consider myself a member of a historically disadvantaged or underrepresented racial or ethnic group**

Mark only one oval.

- yes
- no
- I'm not sure

21. **I identify as the following:**

Mark only one oval.

- disabled
- chronically ill
- disabled and chronically ill
- neither

22. **I consider myself to be marginalized or stigmatized.**

Mark only one oval.

- yes
- no
- I'm not sure

23. **If you have felt marginalized or stigmatized please briefly elaborate.**

24. **I consider myself to be a primary caregiver for any of the following:**

Check all that apply.

- young children
- elderly parents
- disabled friend or family member
- as a profession
- none of the above

25. **If you'd like to elaborate on your experience of loneliness, I'm here to listen. Please use this space to describe your experience of loneliness.**

26. **Would you like to receive information about this project as it develops?**

Mark only one oval.

yes

no

27. **If you replied "yes" to either of the above, please provide your email address below.** This information will only be used to contact you directly. Your information will be used in accordance with the [Terms and Conditions](#) of the project. Note that this *will* connect your survey responses with your email address.
-

28. **By submitting this form, you agree to the [Terms and Conditions](#) ***

Mark only one oval.

yes, I agree

no, I do not agree

Thank you for trusting me with your story. I will create a unique artwork visualizing your experience of loneliness and belonging. If you're submitting this during my office hours (W-Sat, 10am-1pm / 3pm-5pm) you can watch as I make it on my live-stream [HERE](#).

You'll know that I'm making yours when your unique code comes up. Once I've made your tile, I'll add it to a community map that tells the larger story of how we're all doing.

If you're participating outside of office hours, the streams are archived at the link above.

If you'd like to learn more about the project, visit my [website](#) or [instagram](#).

xo - Sarah

“Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone.” - Fred Rogers

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