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**SOLITUDE AND LONELINESS. A DEEP AND COMPARATIVE
THEORETICAL STUDY OF THESE TWO HUMAN FEELINGS**

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With interest we note how the feeling of loneliness is so common today and more clearly defined in the literature than solitude. However, there is a big difference between solitude and loneliness, although the two terms are often used as one and the same, but both generate extremely different experiences. In loneliness it feels that something is missing, it appears in the form of a negative state of a feeling of isolation. Loneliness is harsh as a punishment, a state of deficiency, of dissatisfaction marked by a feeling of alienation from the world, an awareness of excessive loneliness. You are among people, you interact with them and you can still feel alone. The feeling is tumultuous and mostly depressing. Solitude on the other hand is the state of being alone without being truly alone but it is a time used for reflection, inner search, growth or pleasure of any kind. The feeling is generally a positive and constructive one of self-commitment. Solitude induces a special peace that results from a state of inner wealth, a feeling of satisfaction. Solitude is refreshing for life's challenges. It allows us to cultivate and develop it and to reach the position of leading our own life. Solitude is something you can choose to do that restores body and mind. Loneliness instead is imposed on you by others; society, work or

even family and friends, she exhausts you. In this article we try to determine evolution and differences and similarities too between these two feelings.

Keywords: solitude, loneliness, comparative theoretical study.