



'LONELY IN LONDON' WITH CAUSAL MAPPING

📅 24 Jan 2026

Abstract

Initial group of factor labels after applying AI answers to factors for 3 sources

Social Media Popularity Contest
Working Completely Alone
Feeling Like A Nobody
Crushing Cost Of Living
Local Barber Shop Community
Deep Personal Self-Worth
Shallow Temporary Friendships
Painful Relationship Breakups
Crippling Mental Anxiety
Being Treated As An Outcast
Digital Dopamine Addiction
Immersive Creative Art
Relocating To An Unfamiliar City
Heartless Narcissistic Society
Cutthroat Job Competition
Total Lack Of Support
Finding Matching Human Energy
Long-Term Family Separation
Internal Mental Blocking
Personal Mental Awakening

Ran again with 6 also randomly chosen sources.

A quiet house
A secure location
A very lonely feeling
Amplified perception
Asynchronous communication
Being singled out
Breakdown of friendship
Built-up frustration
Conforming to the crowd
Disassociation from identity
Drastic weight loss
Endorphin rush
Face-to-face interaction
Feeling forgotten
Genuine loneliness
Keeping busy
Physical distance
Sense of connectedness
Social dissociation
Suicidal thoughts

Resulting in combined labels:

A Quiet House
A Secure Location
Amplified Perceptions
Asynchronous Communication
Being Singled Out
Breakdown of Friendships
Built-up Frustration
Conforming to the Crowd
Crippling Mental Anxiety

Crushing Cost of Living
Deep Personal Self-worth
Digital Dopamine Addiction
Disassociation from Identity
Drastic Health Problems
Face-to-face Interaction
Feeling Like a Nobody
Finding Matching Human Energy
Heartless Narcissistic Society
Immersive Creative Art
Internal Mental Blocking
Keeping Busy
Local Shop / Community
Family Separation
Personal Mental Awakening
Relocating to an Unfamiliar City
Social Media Popularity Contest
Suicidal Thoughts
Total Lack of Support