



---

Volume 25  
Issue 1 *The Velvet Night*

Article 4

---

4-20-2017

## Recipe for Loneliness

Timothy O'Brien  
*Concordia University - Portland*

Follow this and additional works at: <http://commons.cu-portland.edu/promethean>

 Part of the [Poetry Commons](#)

---

### Recommended Citation

O'Brien, Timothy (2017) "Recipe for Loneliness," *The Promethean*: Vol. 25 : Iss. 1 , Article 4.  
Available at: <http://commons.cu-portland.edu/promethean/vol25/iss1/4>

This Poem is brought to you for free and open access by CU Commons:  
Concordia University's Digital Repository. It has been accepted for  
inclusion in The Promethean by an authorized administrator of CU  
Commons: Concordia University's Digital Repository. For more  
information, please contact [libraryadmin@cu-portland.edu](mailto:libraryadmin@cu-portland.edu).



# Recipe for Loneliness

*Timothy O'Brien*

## Ingredients

3 cups of bitterness

2 cups Social Anxiety. Set aside 1 tsp.

A Defiant handful of "Fuck everyone, I don't need no friends."

1 isolated cabin in the woods

½ part obscurity (The type that haunts you as you eat alone in the cafeteria.)

A hint of opiates (For Flavor)

## Instructions

1. Create a meringue by whipping the bitterness until your desire to run away overwhelms your love for life.
2. Take 2 cups crippling Social Anxiety and slowly fold into the meringue. Chill in fridge for a month or until it completely overshadows all your relationships.
3. Next, take your delectable creation to an isolated cabin in the woods and drizzle a pinch of opiates for flavor.  
(Have an emergency contact in case of overseasoning.)

This recipe serves at most 1

(With the exception for an optional animal companion)

## Pairs well with:

2 helpings of Resentment or Depression

or

Dry white wine, or whiskey and a guitar