



What is the Meaning of My Life? What are ways to explore this?

Some call aspects of this questioning healthy; at other times in life it can identify an existential vacuum. The comedian Joy Behar has a book called "What an existential vacuum? And does it come with attachments? This might be funny, but this is a question that many individuals think about during their lifetime quite seriously. Sometimes they reach an impasse and want to explore this with a psychotherapist or counseling professional that might use an approach called:

Existential Counseling



Viktor Frankl, a prominent psychiatrist endured the holocaust and went on to develop an existential approach called logotherapy. He believed that individuals must realize

1. Life has meaning under all circumstances, even the most miserable ones.
2. Our main motivation for living is our will to find meaning in life.
3. We have freedom to find meaning in what we do, and what we experience, or at least in the stand we take when faced with a situation of unchangeable suffering.



This concept of individual freedom and this notion of the responsibility to find this has been explored through a variety of ways in human expression (art, literature, and song)- one of which was a famous song by Rhodes Scholar Kris Kristofferson. It speaks of human struggles to find meaning from loss, change, and love in "Me and Bobby McGee." The lyrics go.....Freedom's just another word for nothing left to lose, Nothing don't mean nothing honey if it ain't free, now....

What does the existential approach to



Counseling offer?

{ It emphasizes three things that individuals can pursue: 1) Doing a deed for others 2) Developing Attitudinal values such as compassion, bravery, and a good sense of humor and 3) Sharing an experience with someone (like in the song noted above) }

Poster Author Note: I learned about this approach as a student in the intro to guidance and counseling course and found it really helped me see further in my own life circumstances