

Going Through An Existential Crisis

Workbook

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What Is An Existential Crisis

An existential crisis can be defined as a period of re-examining the meaning, purpose, and value of our lives. Often during these times people begin to feel uneasiness about meaning, choice, and freedom in life. Ultimately, the concern is that life has become pointless and that existence has lost meaning due to various limits and/or boundaries placed on it.

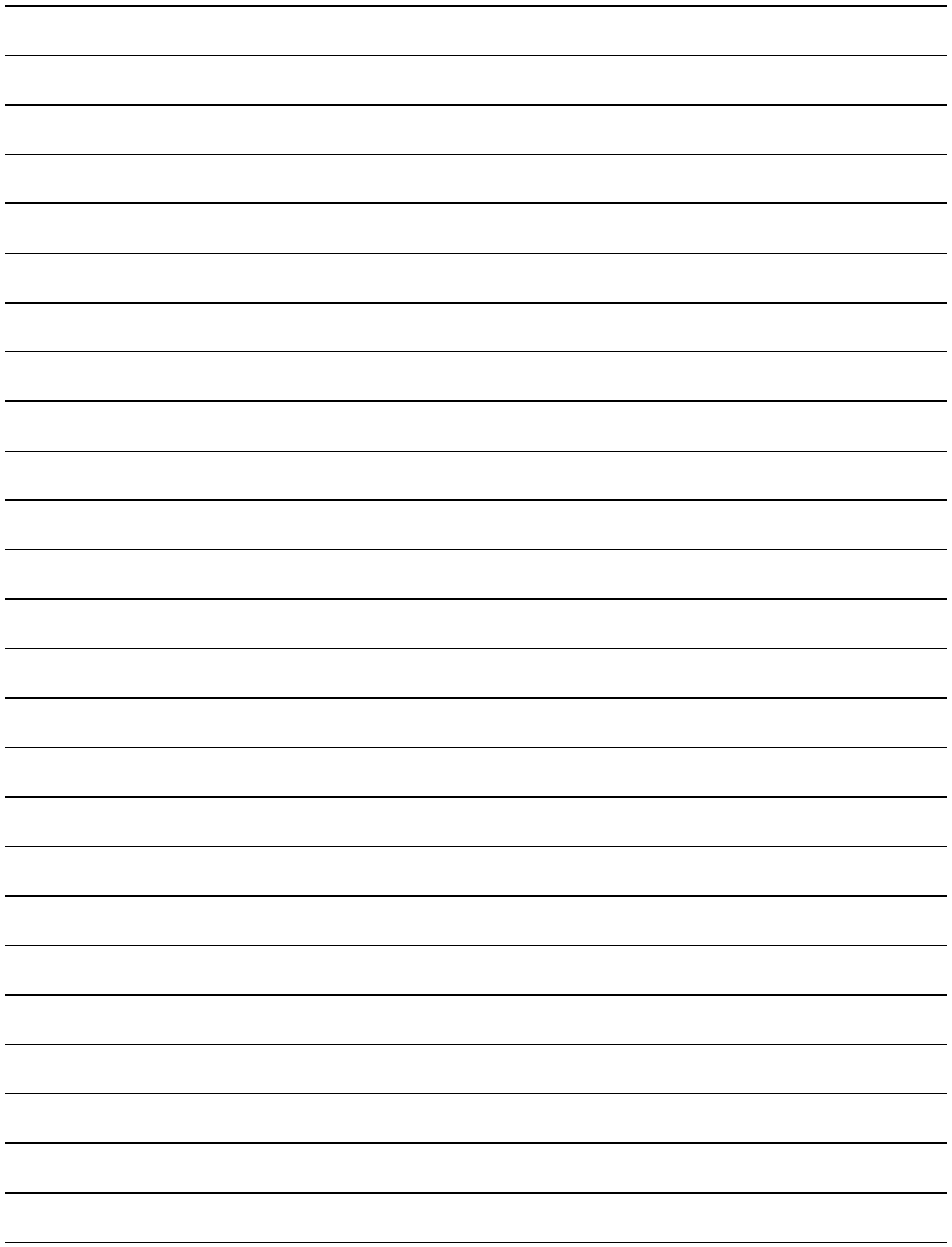
A person of any age can be impacted by an existential crisis, but some people diagnosed with certain health conditions may be more susceptible to experiencing an existential crisis. Also, many people tend to experience existential crises when they are presented with a challenging situation or find themselves struggling to succeed in the midst of a situation.

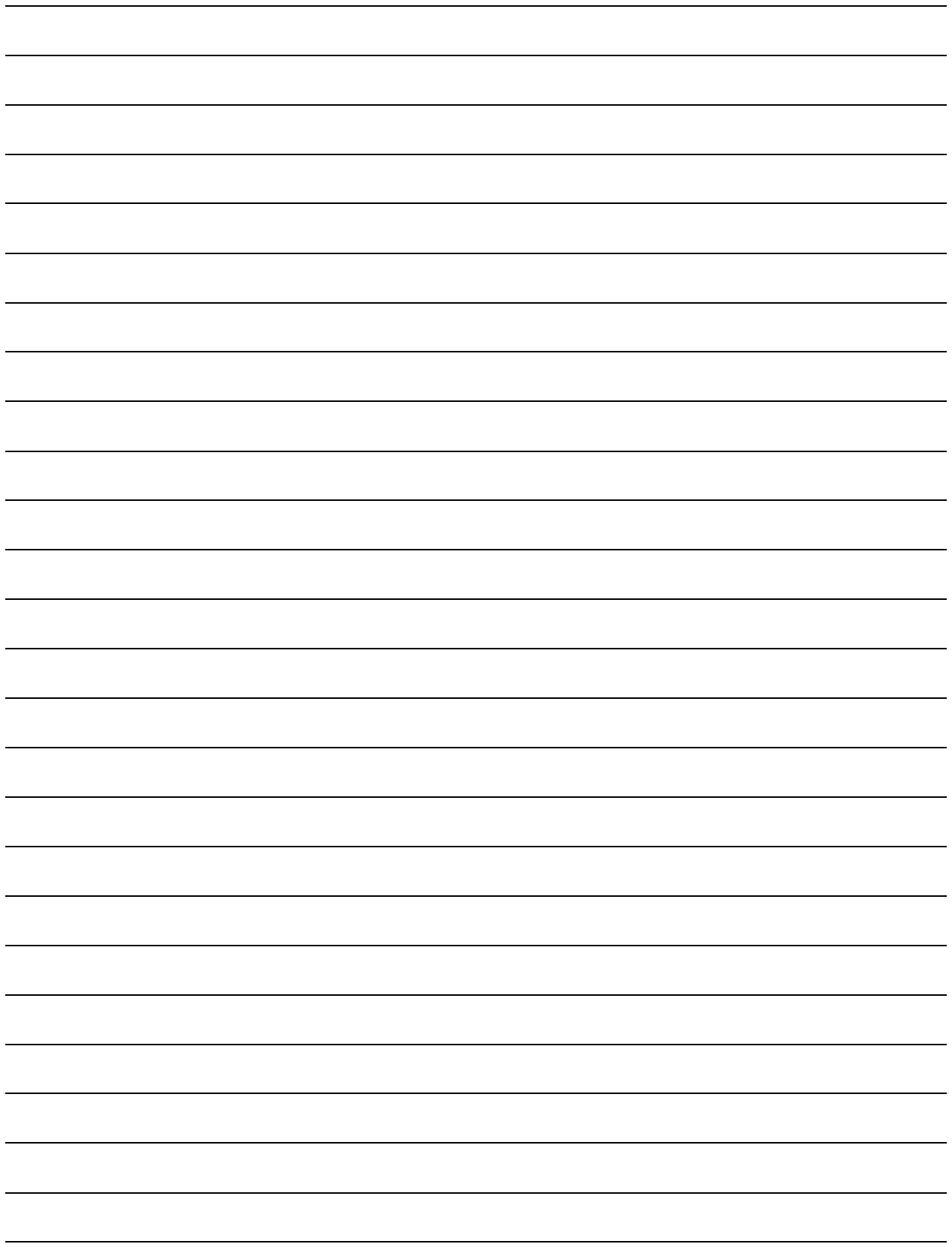
Major trauma, major loss, or major life events can often be a trigger in these instances.

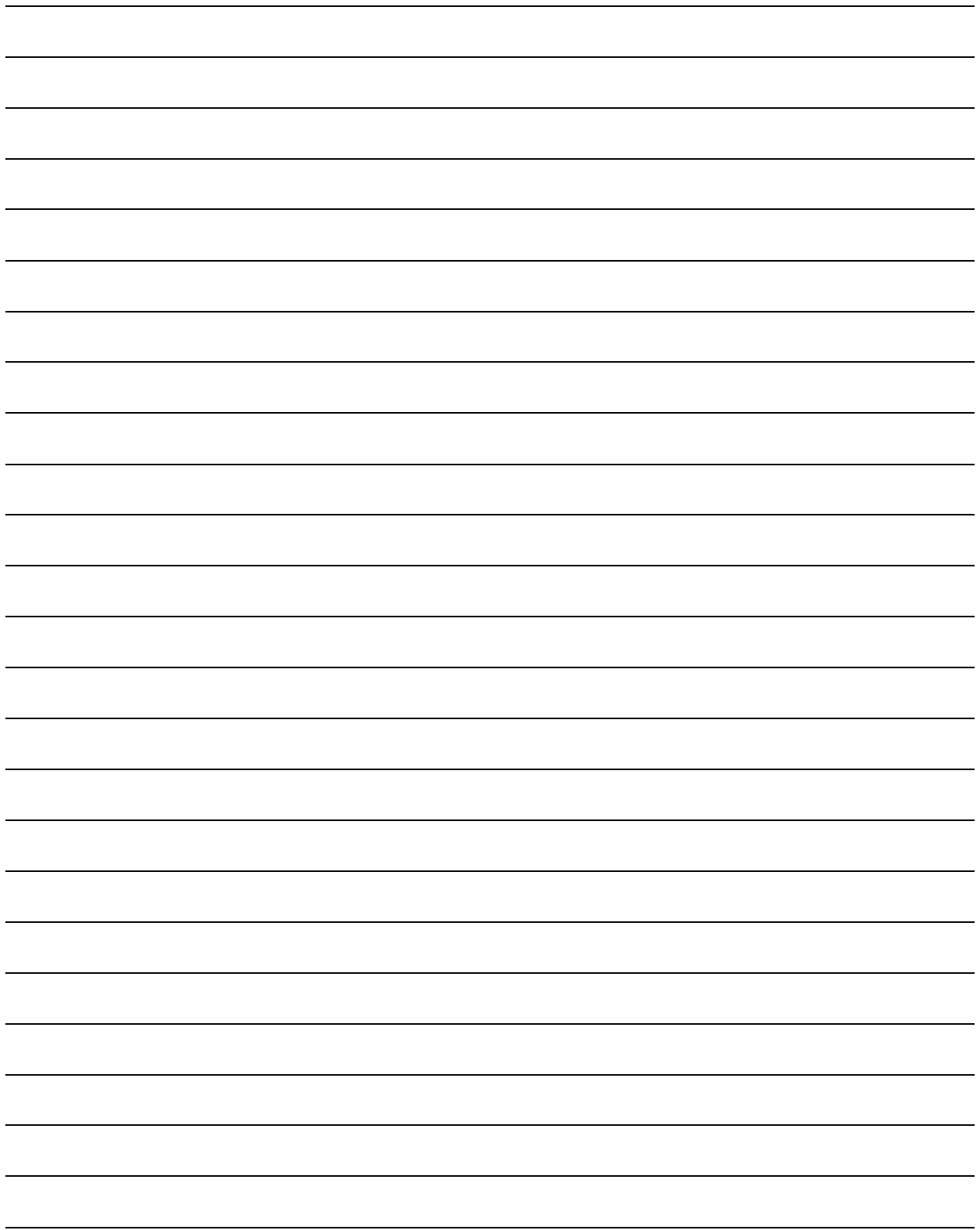
- Loss of a loved one
- Career change
- Feelings of guilt
- Diagnosis of a serious illness
- Pent up emotions
- Having children
- Displeasure with self
- Marriage or divorce
- Lack of social fulfillment
- Entering major age categories 40s, 50s, 60s

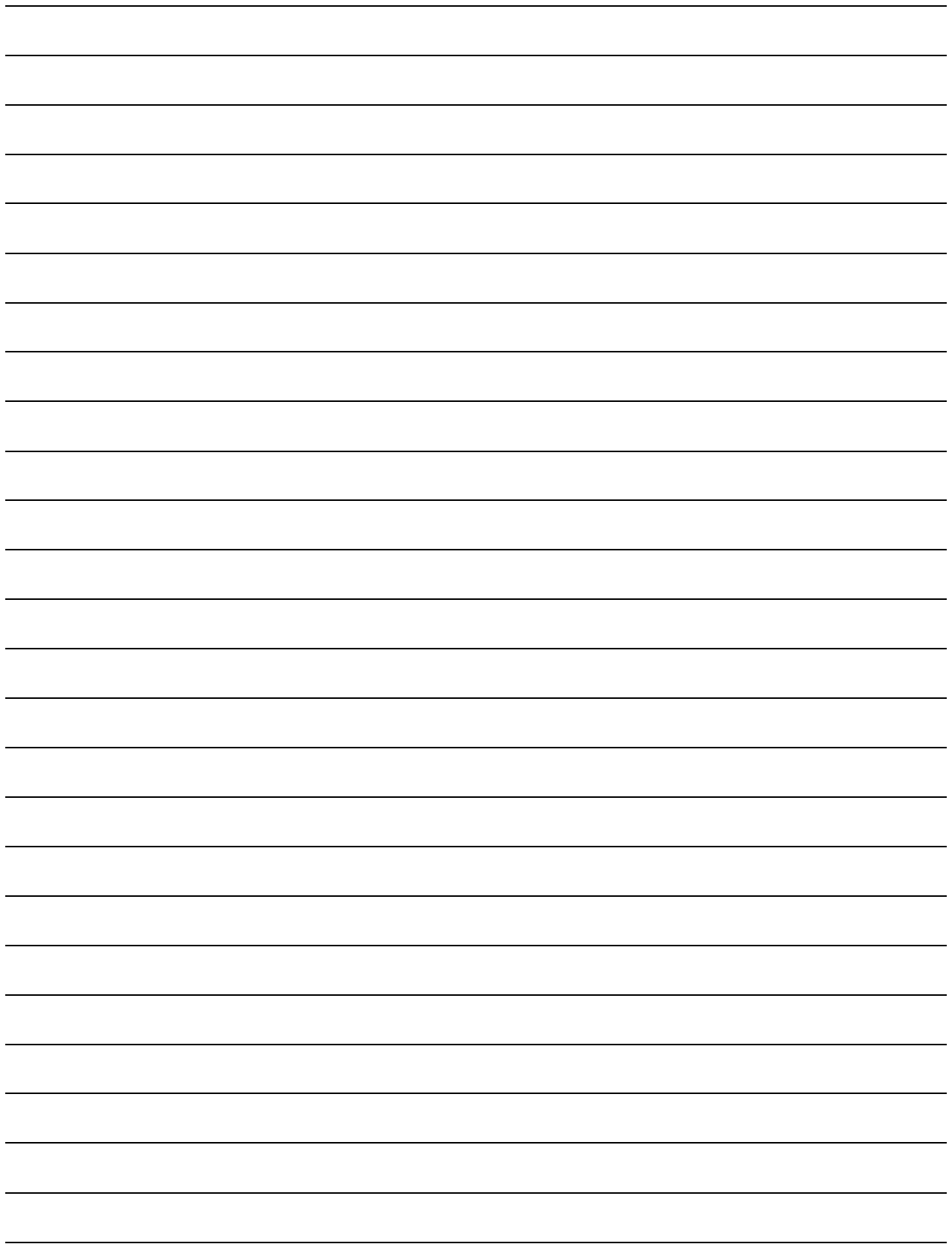
Freedom can also create a stress and crisis in that we must be fully responsible for our actions and decisions when we are given ultimate freedom to act, think, and speak as we please. There can also be the realization that we can never fully know or understand someone which can lead to feelings of being alone and a desire or need to isolate from others.

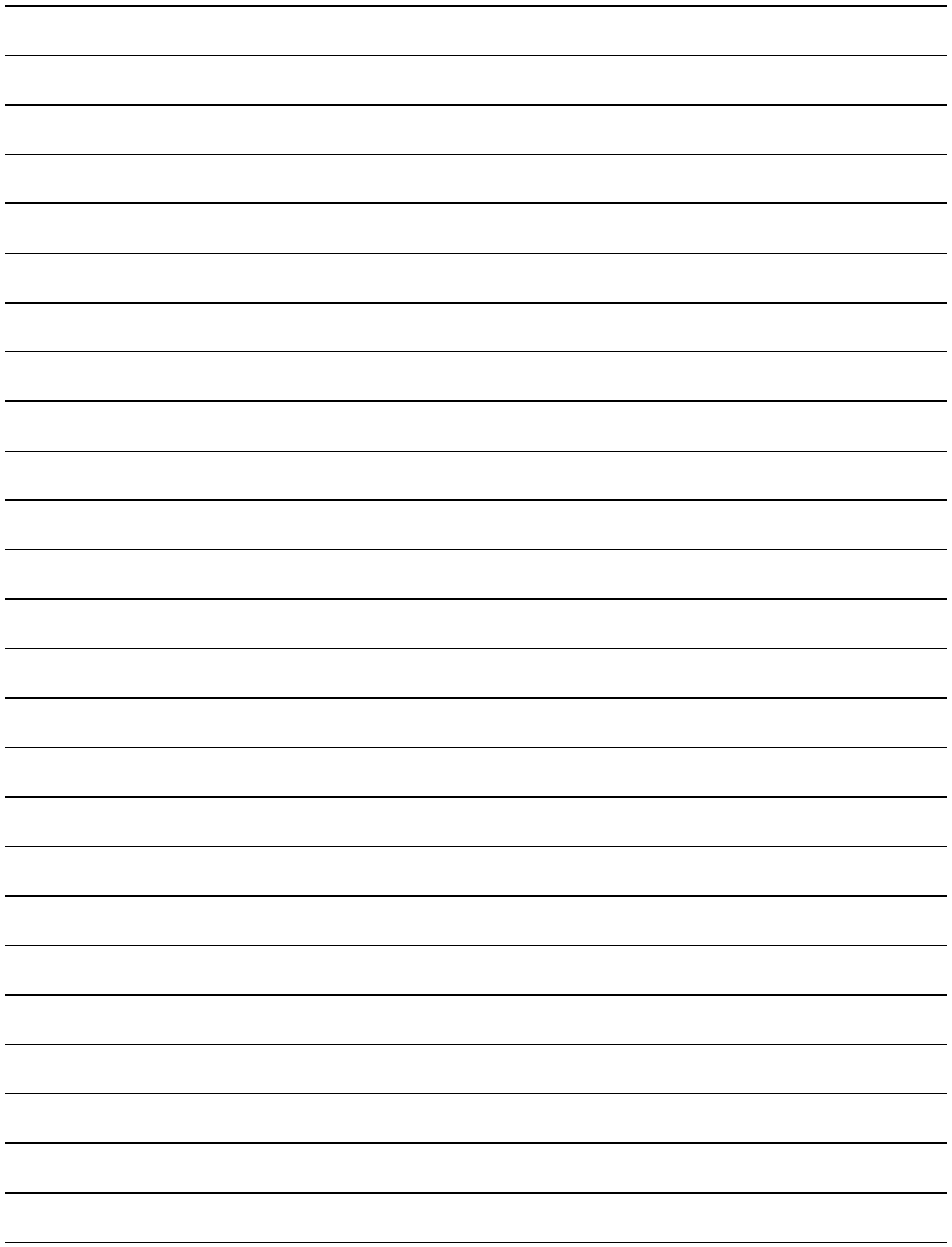
Finally, can come a series of disappointments which can create a sense of meaninglessness where people feel as though they have no purpose or belonging and therefore cannot see a path forward.

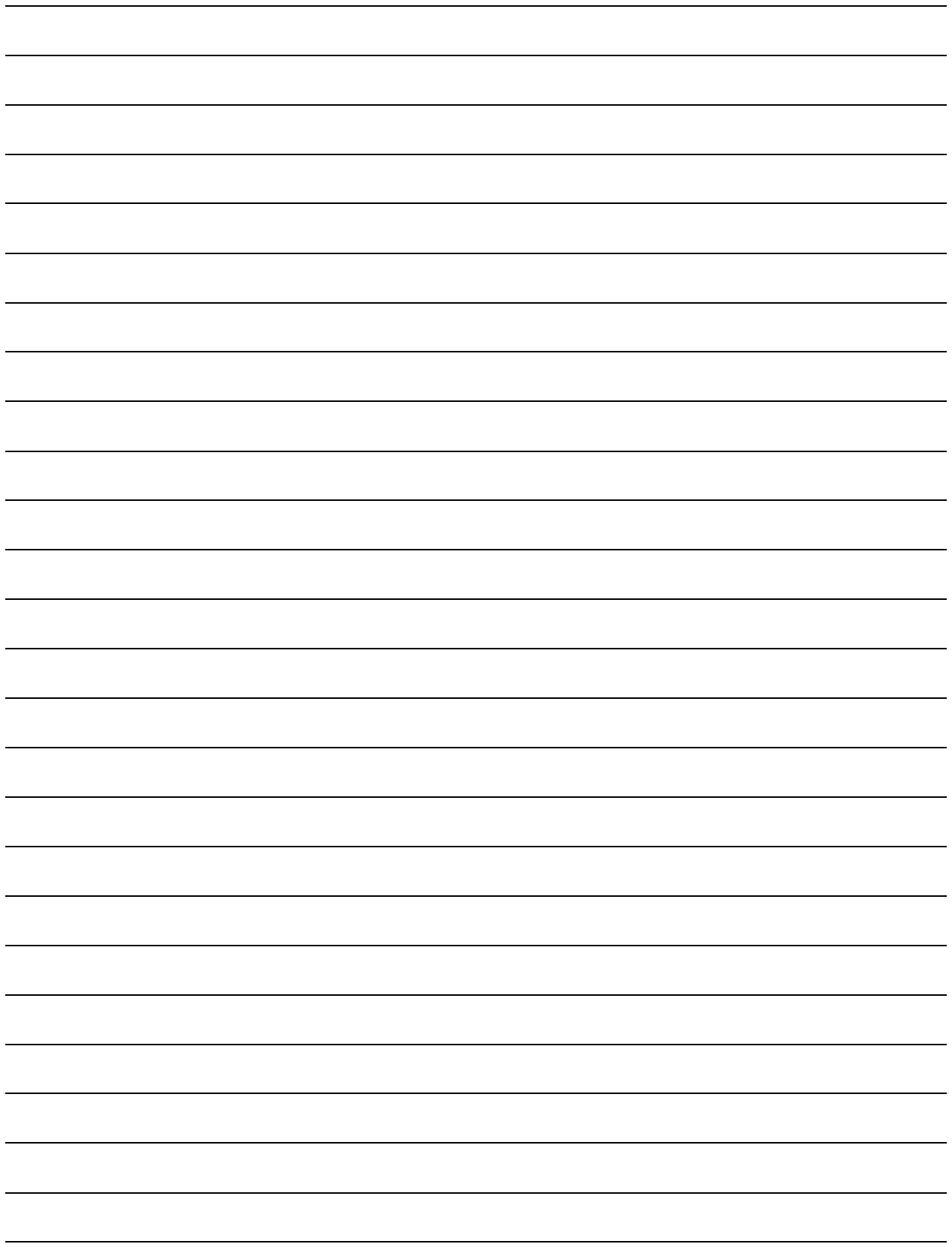


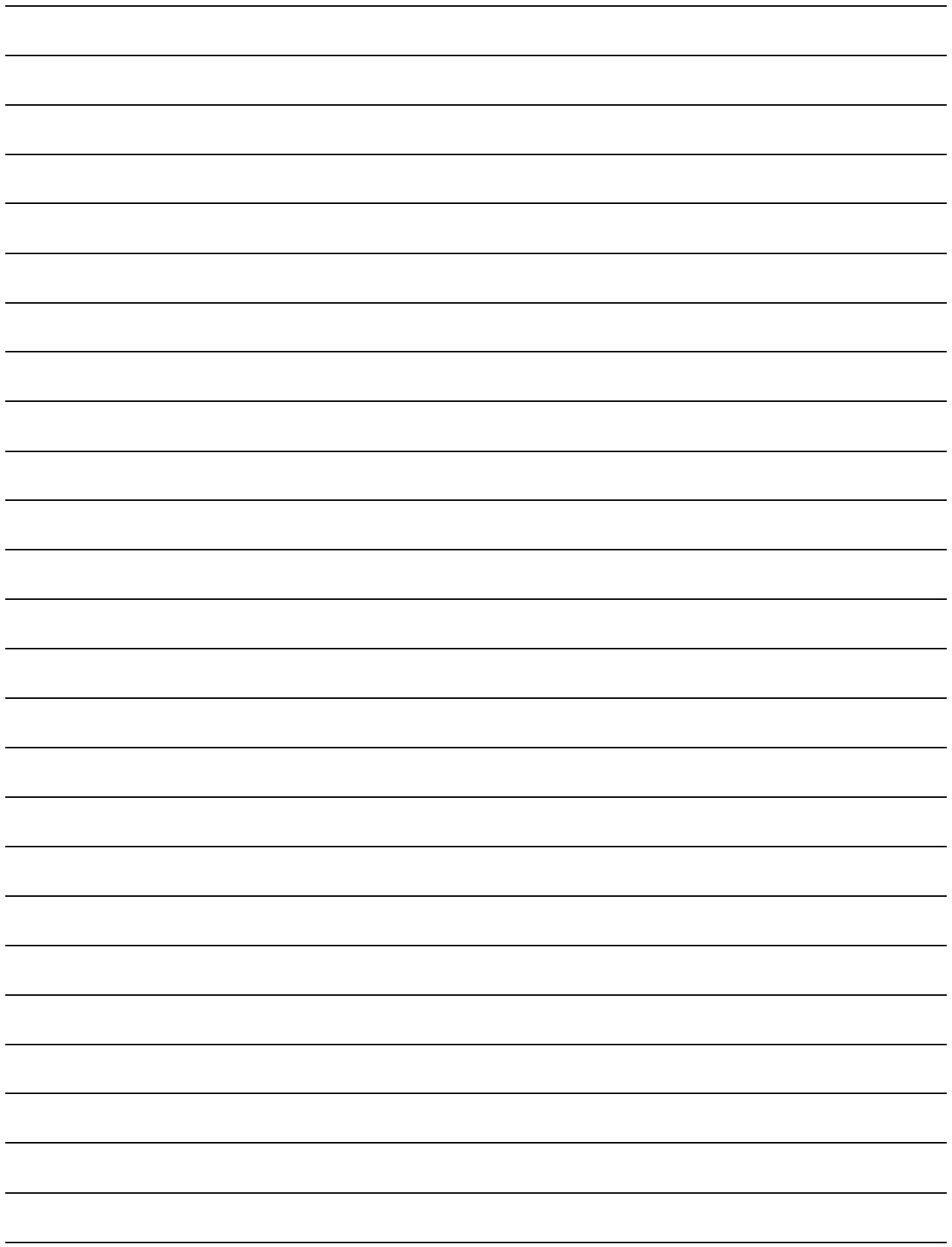


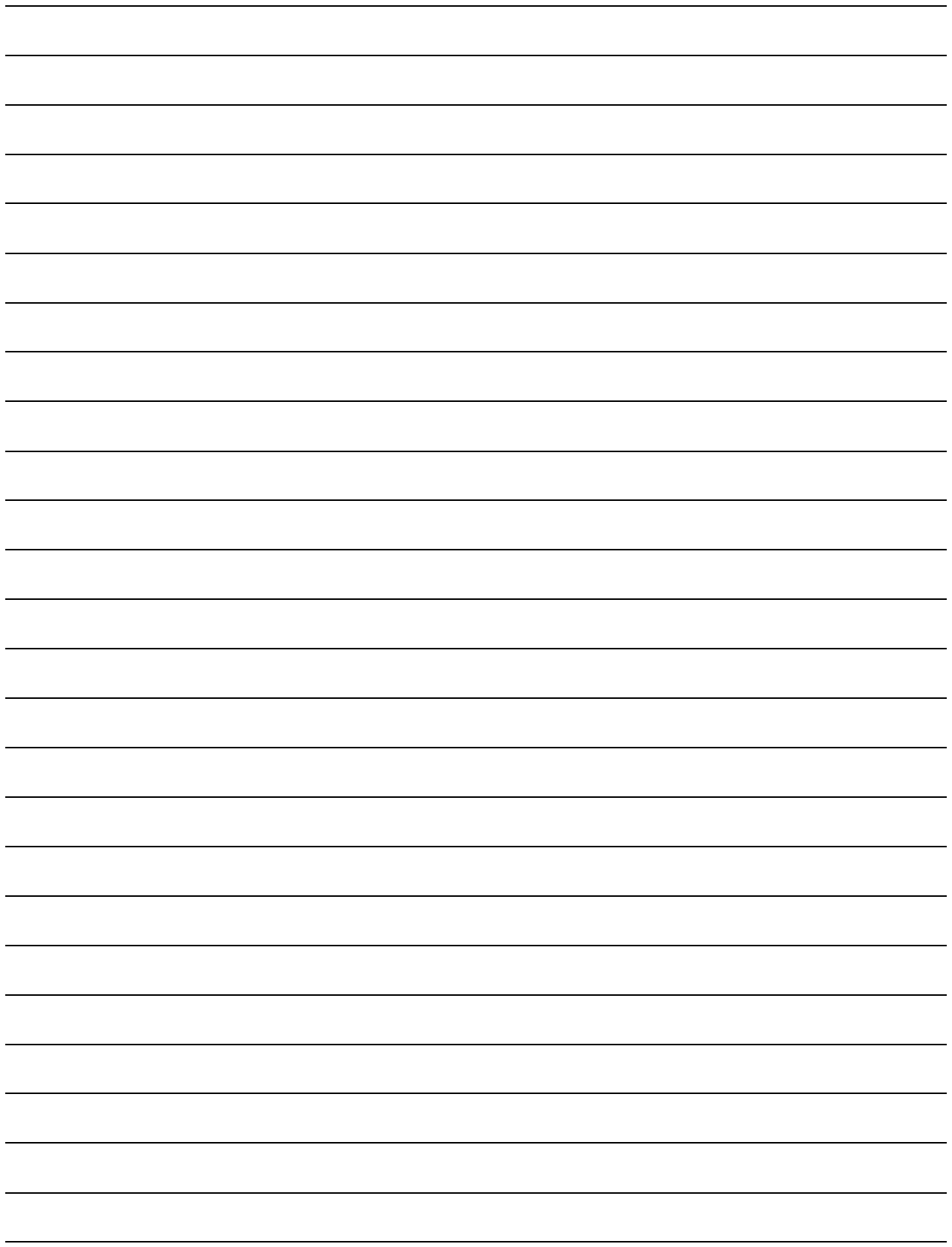


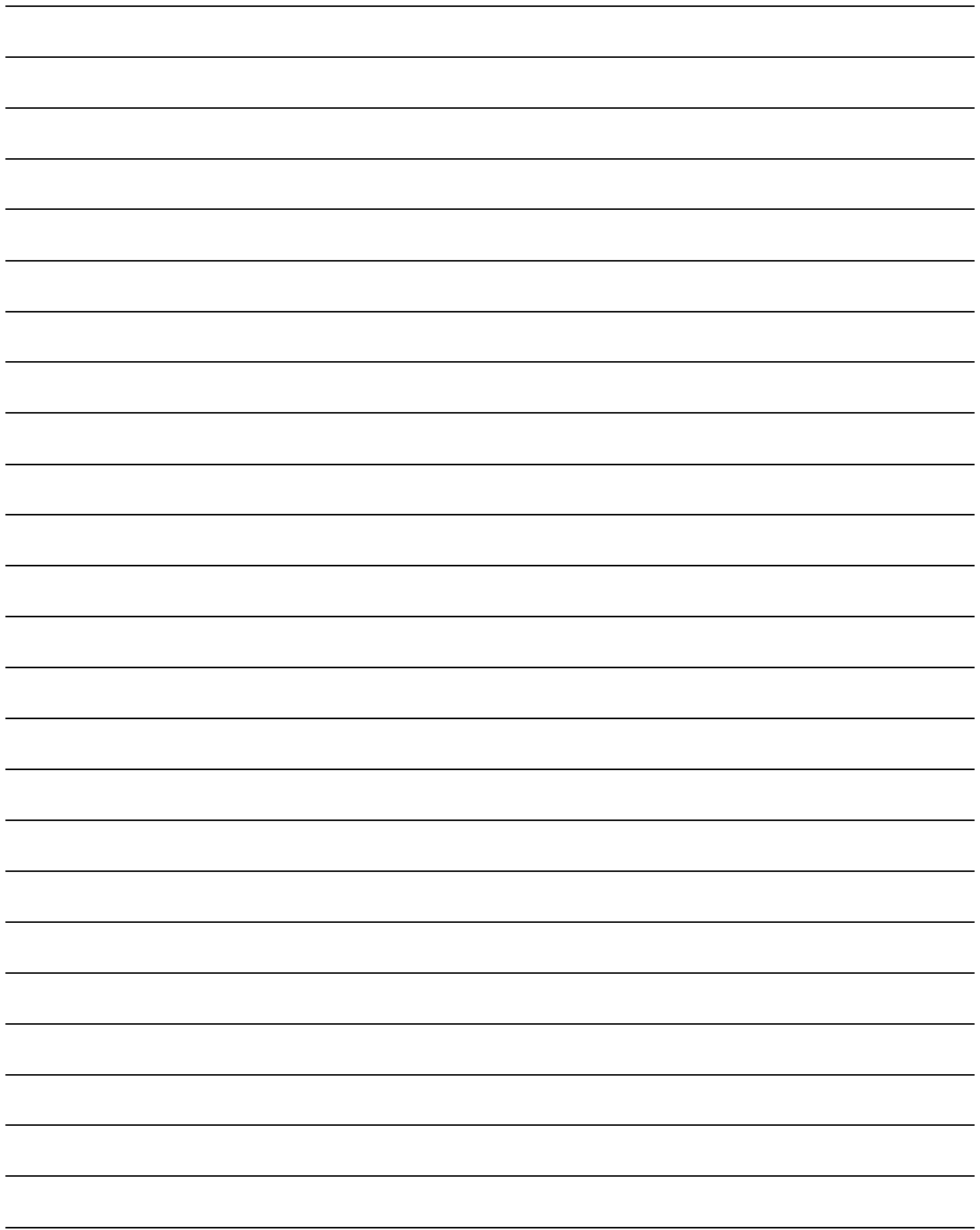


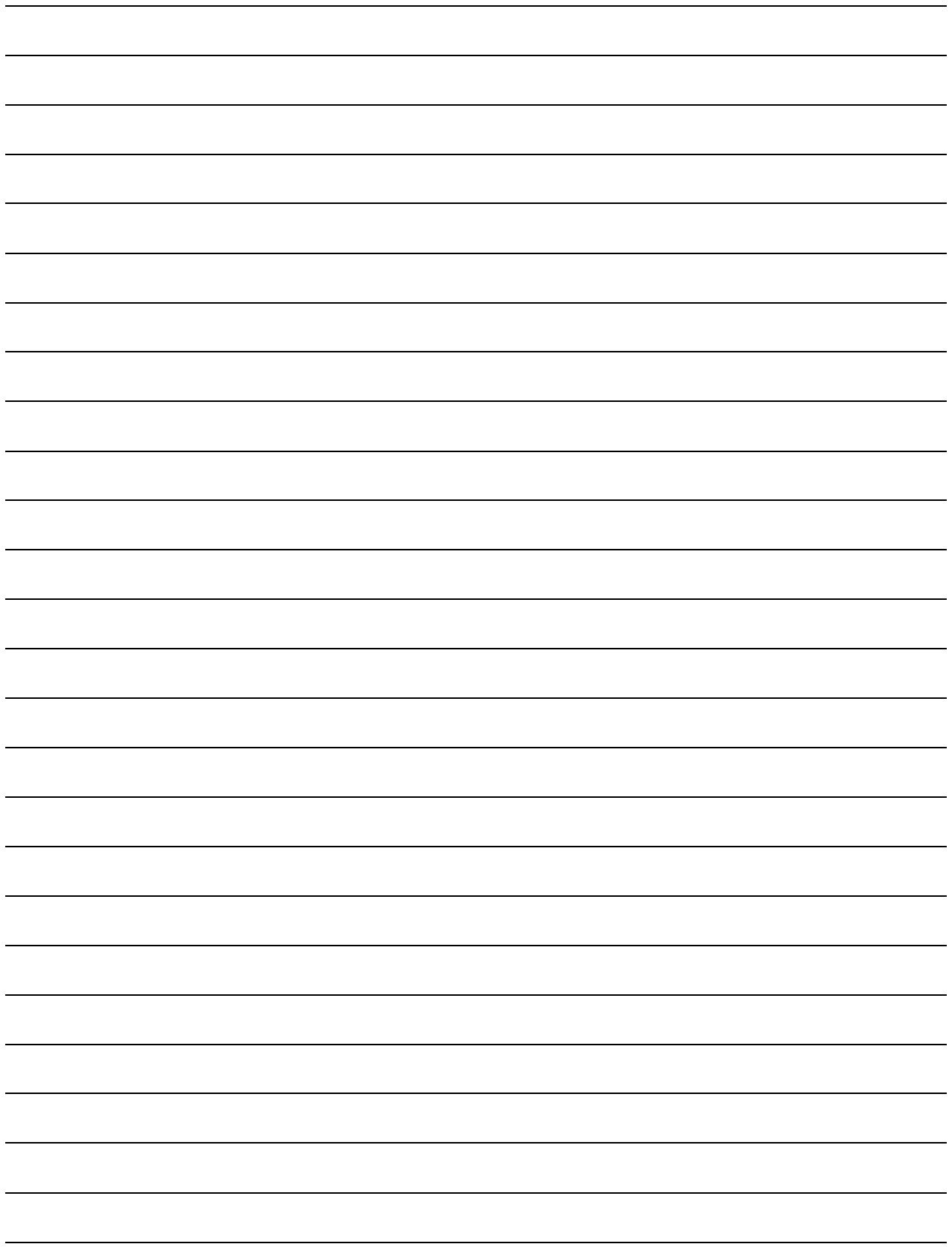


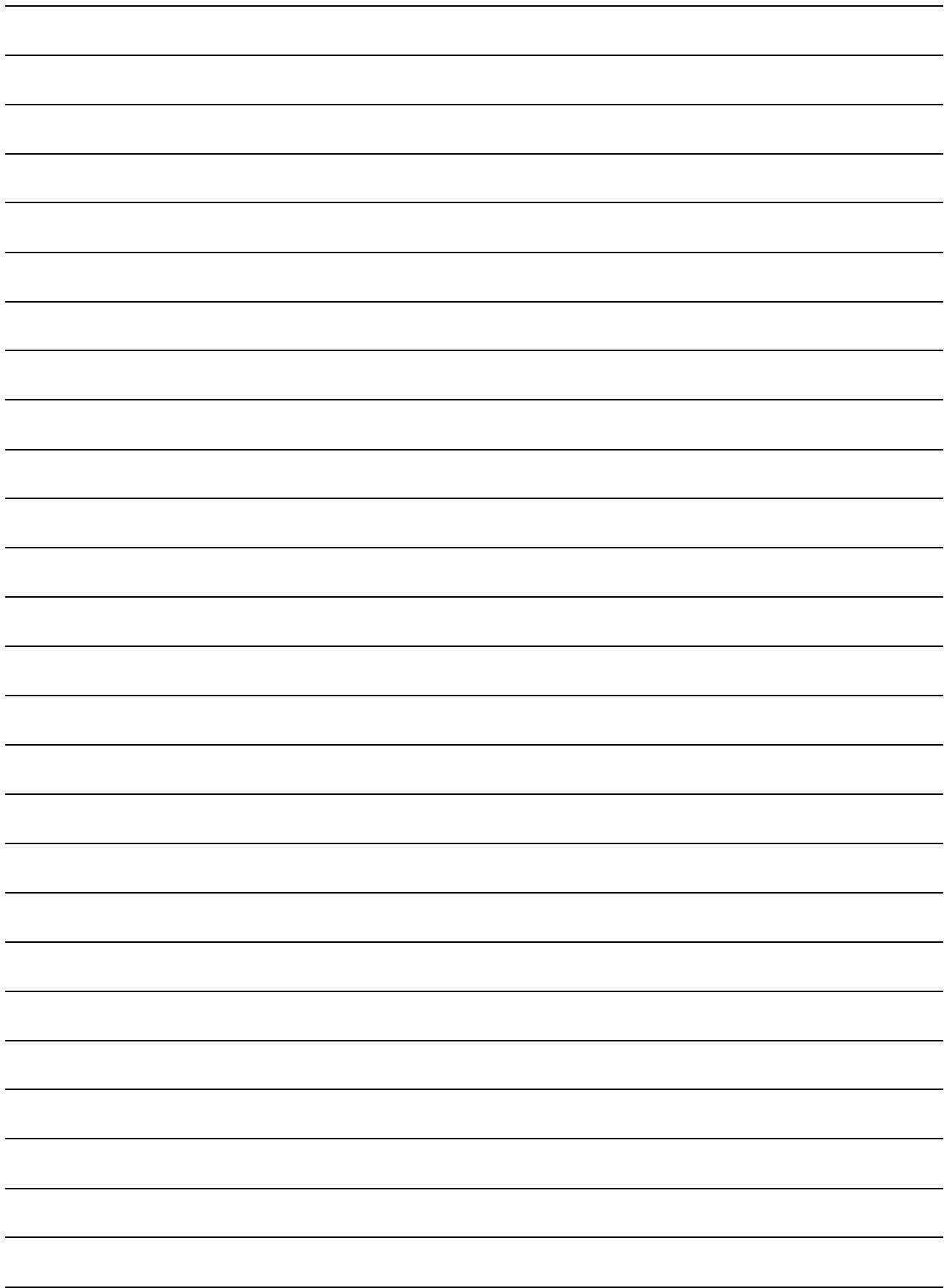


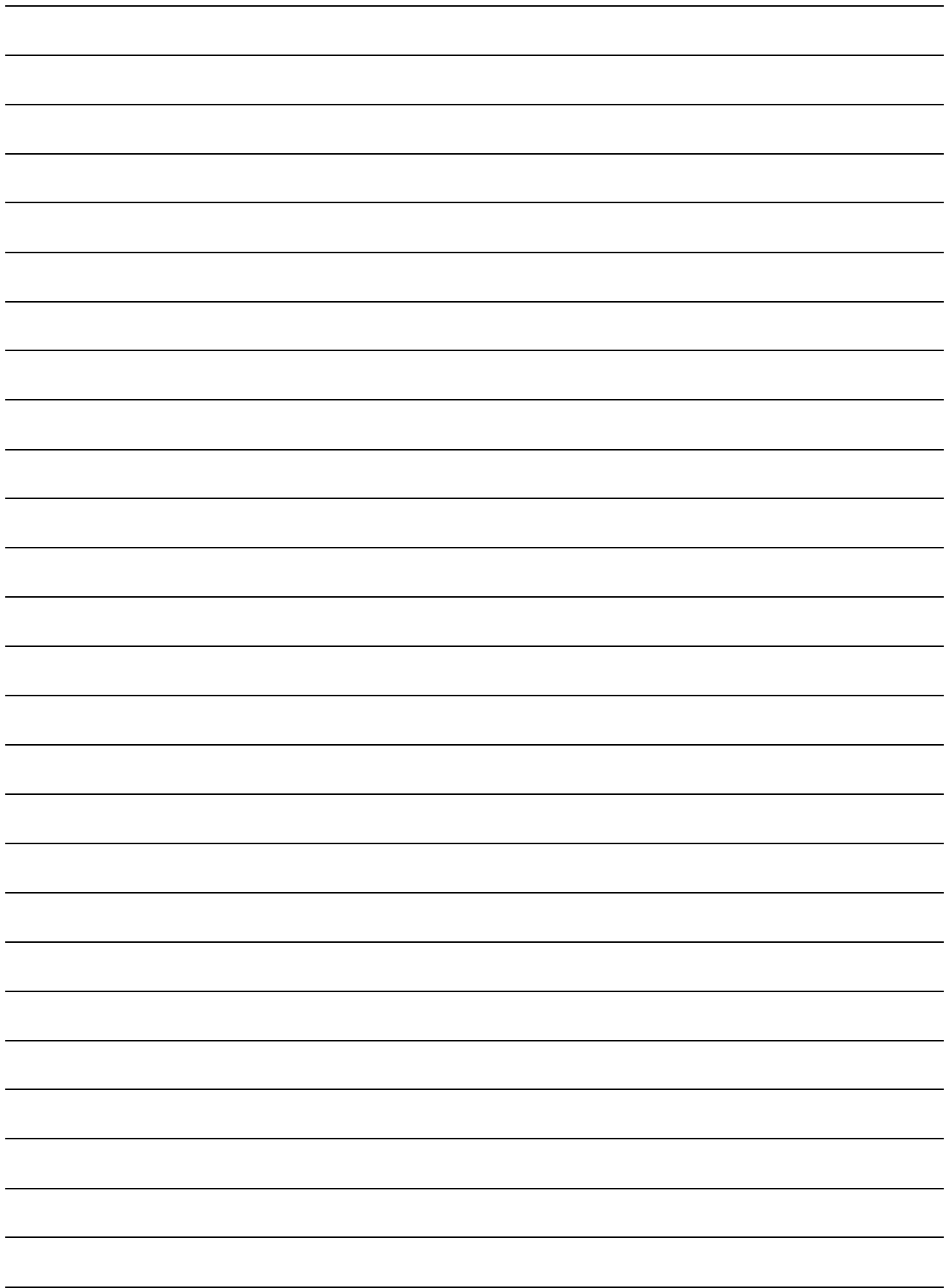






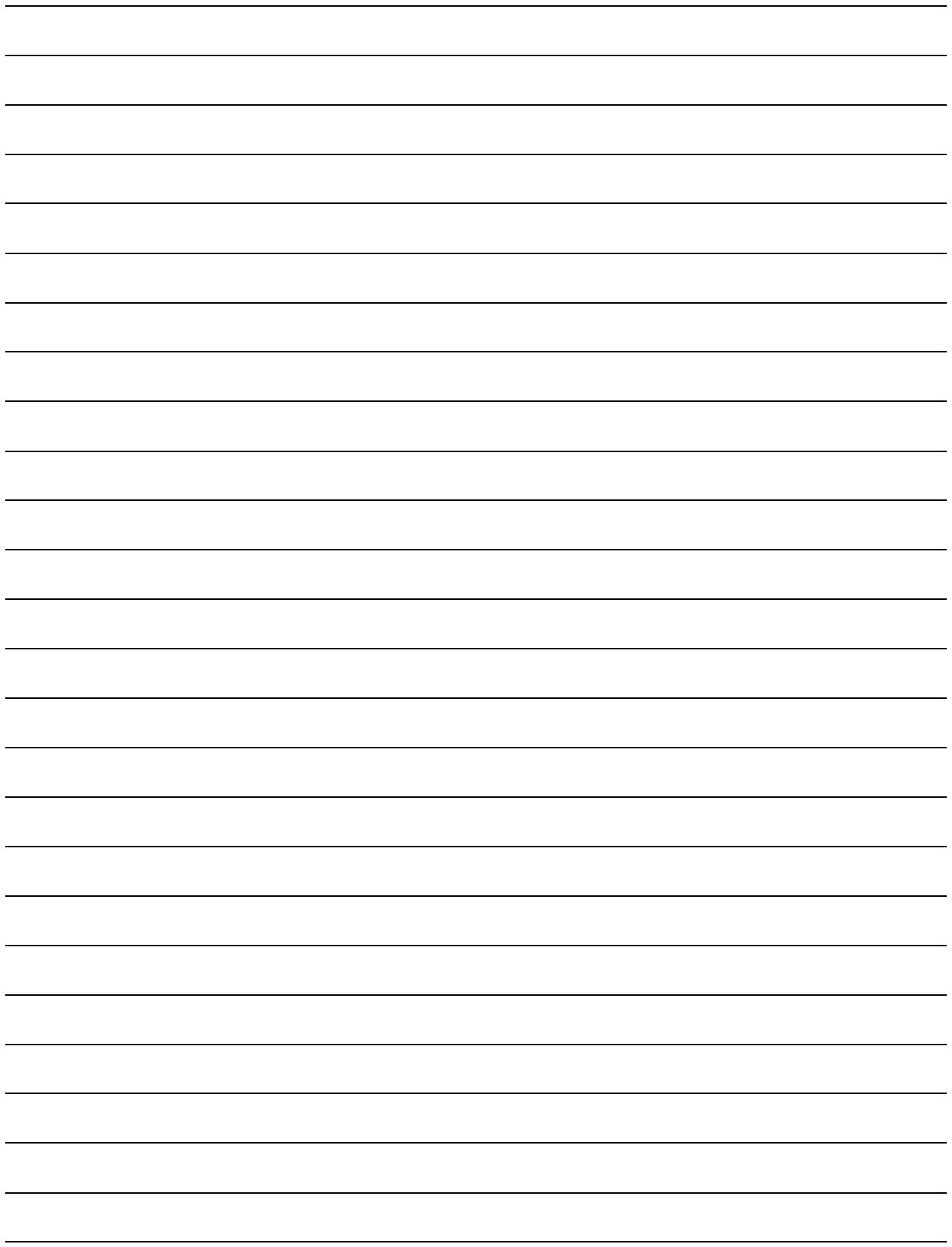


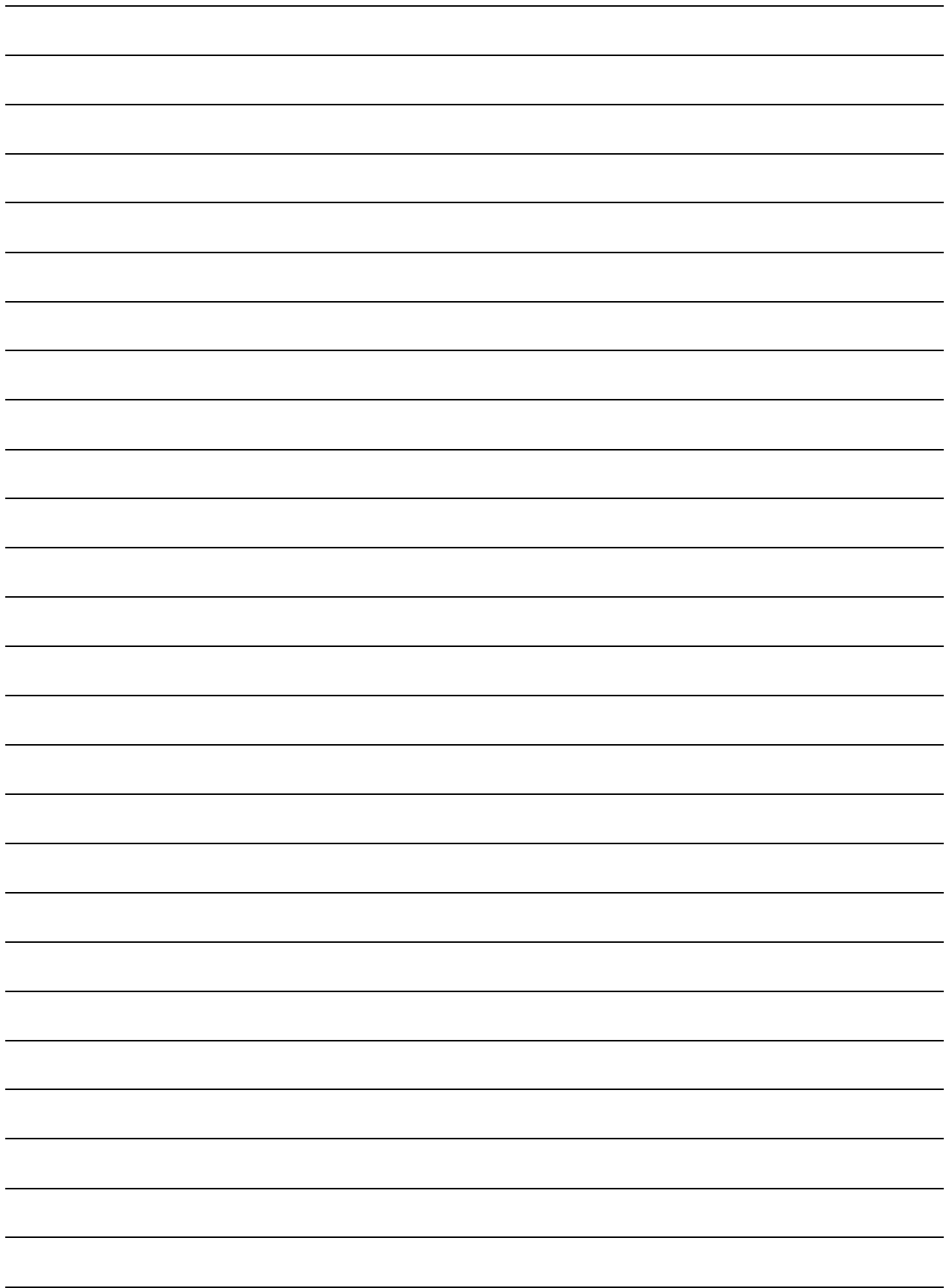


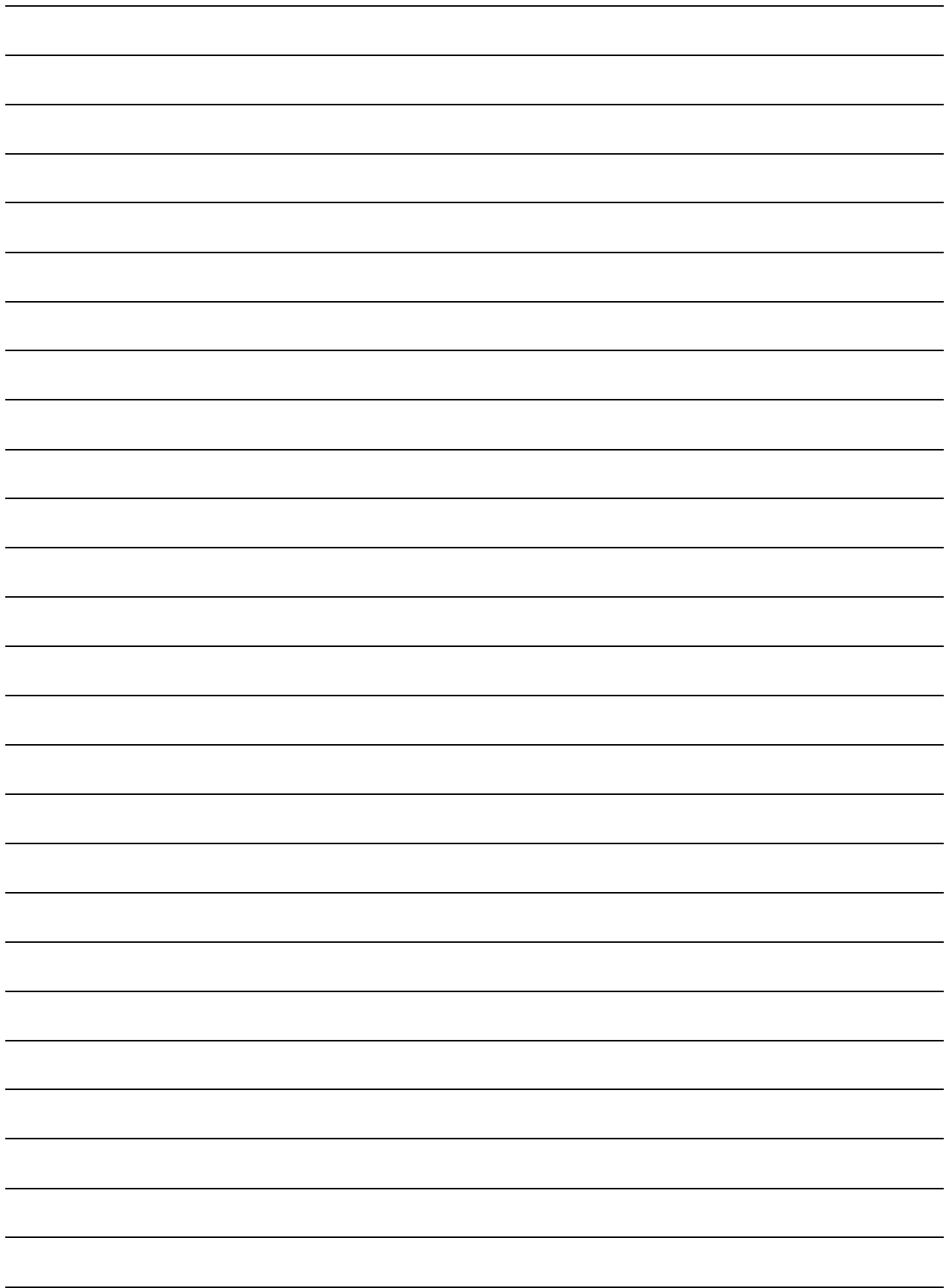


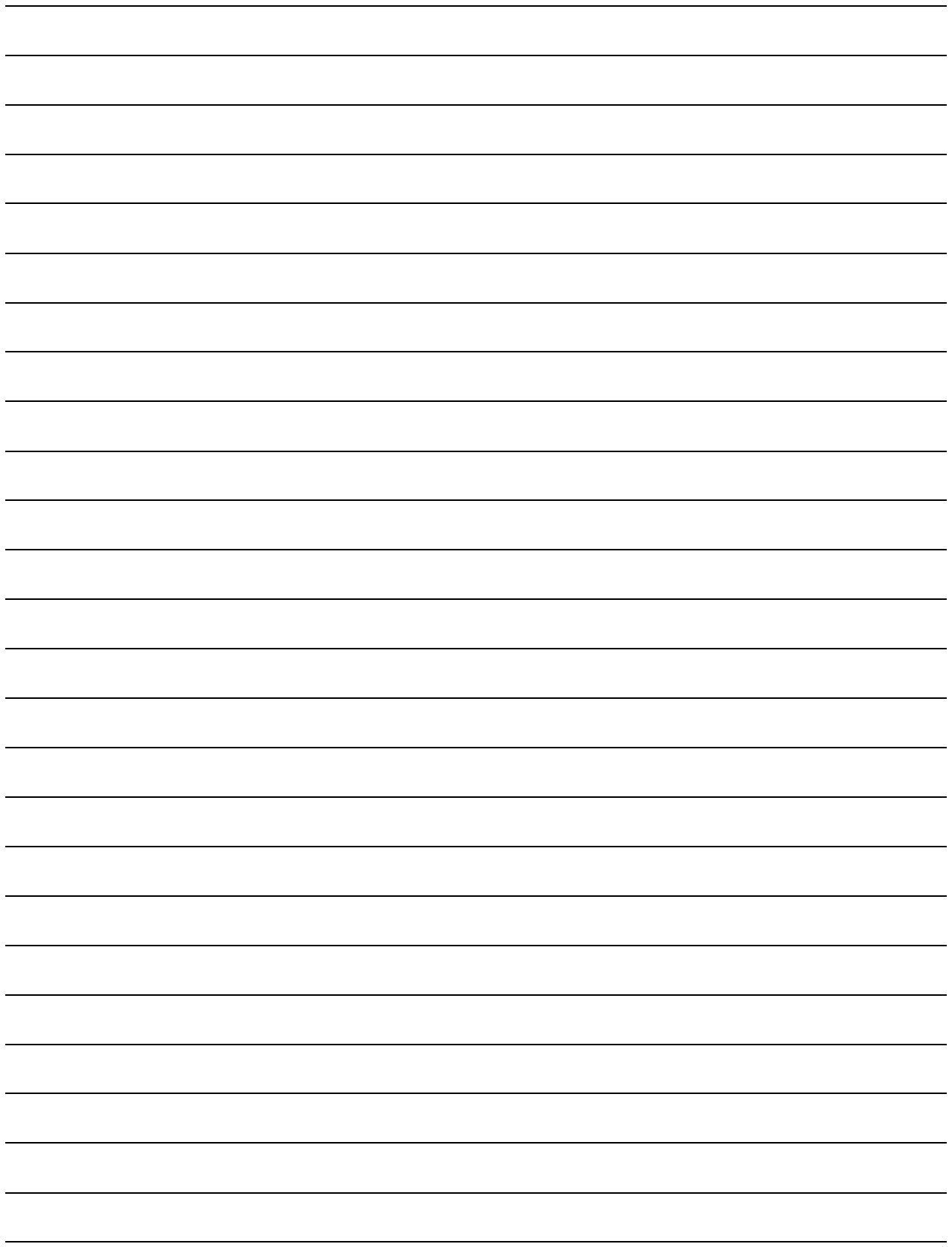
Who do you trust?

How can you better develop these relationships?



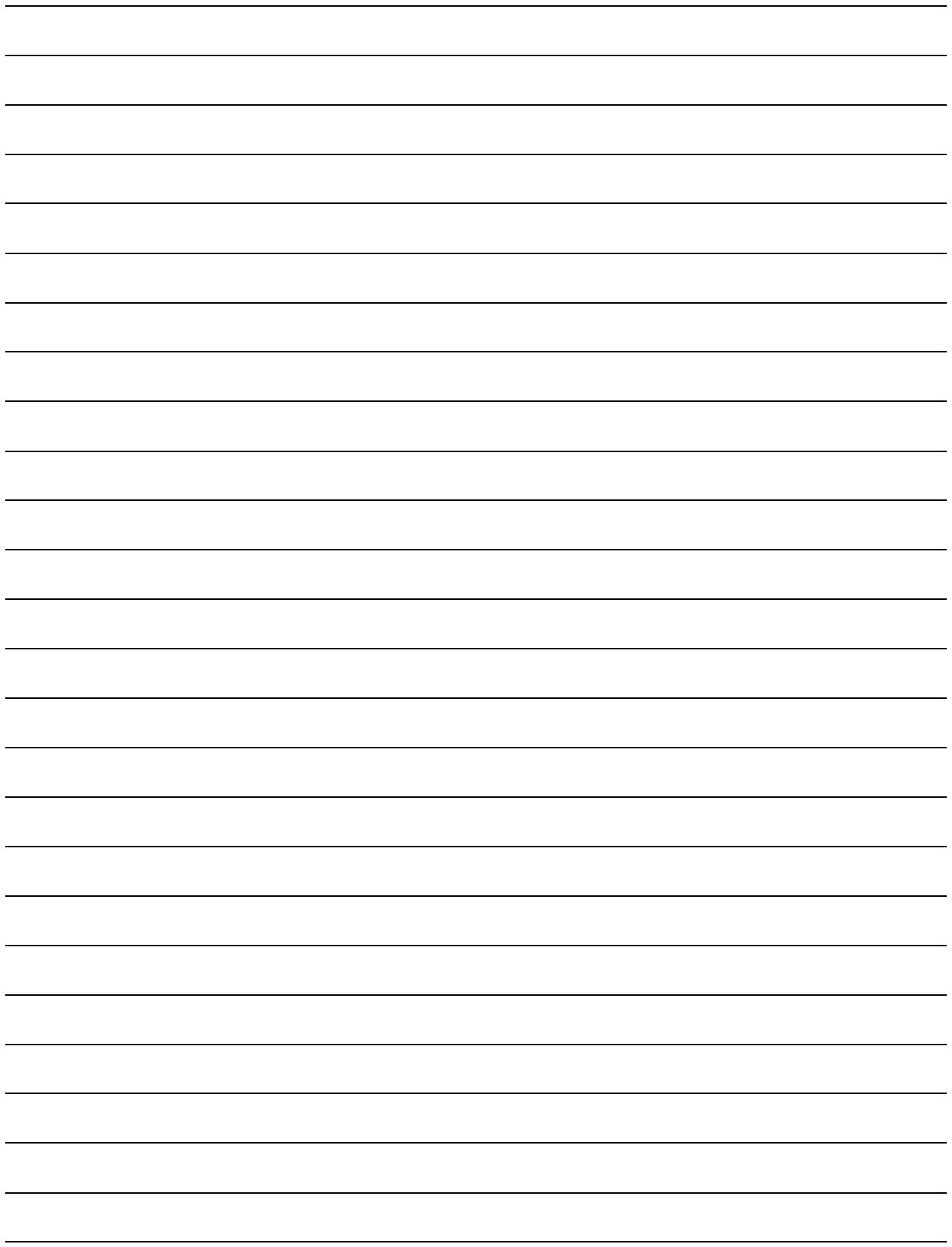


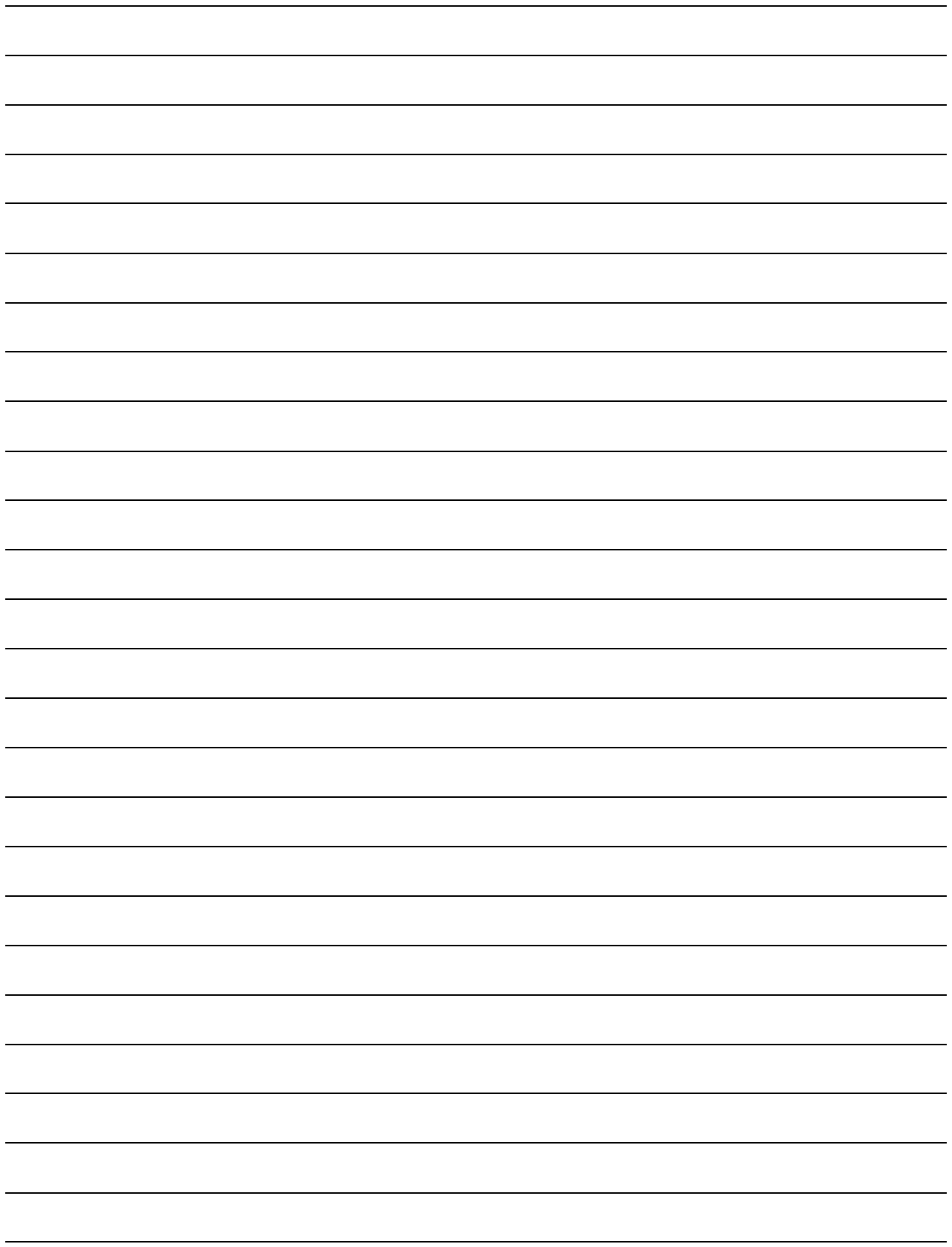


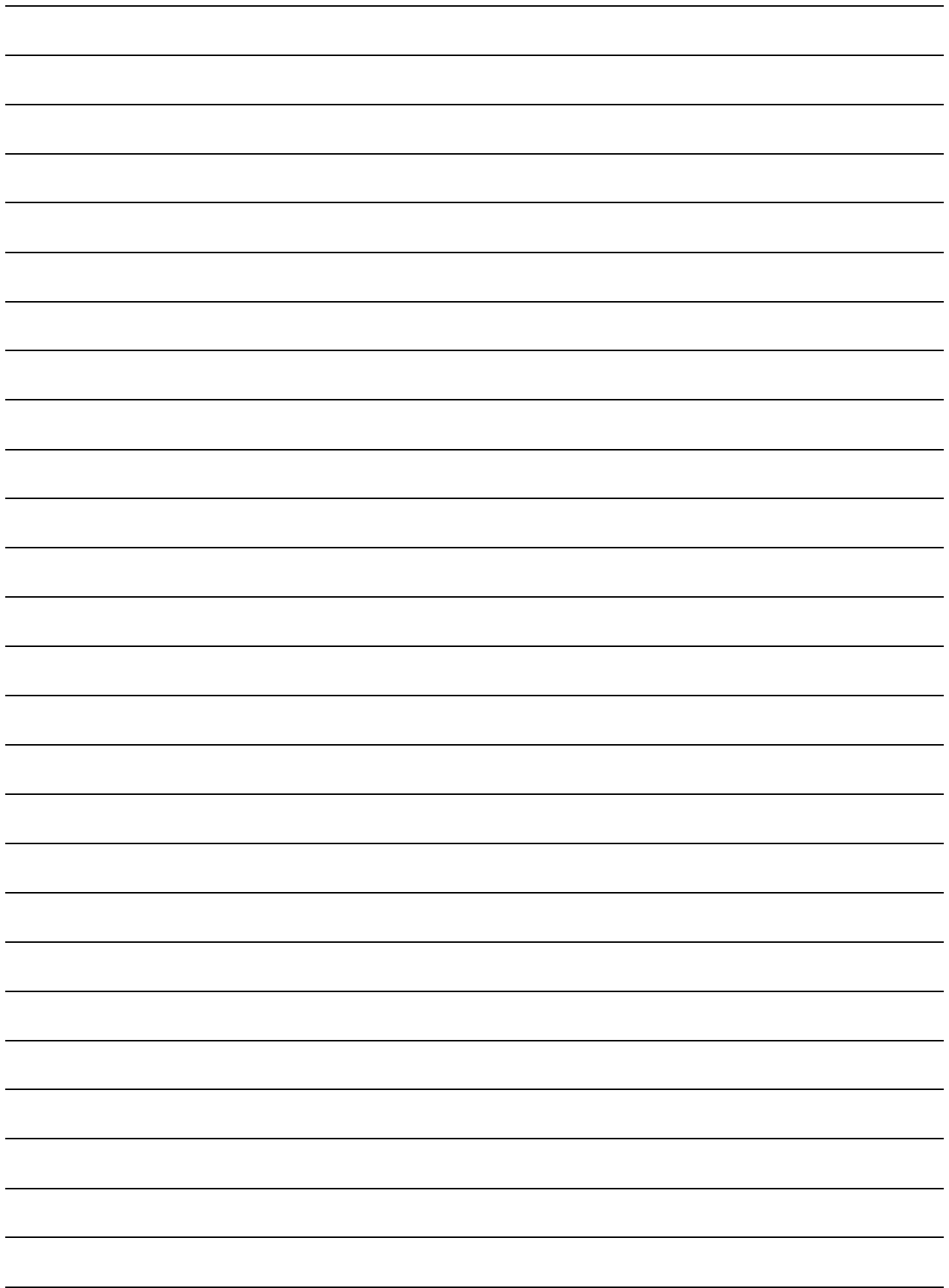


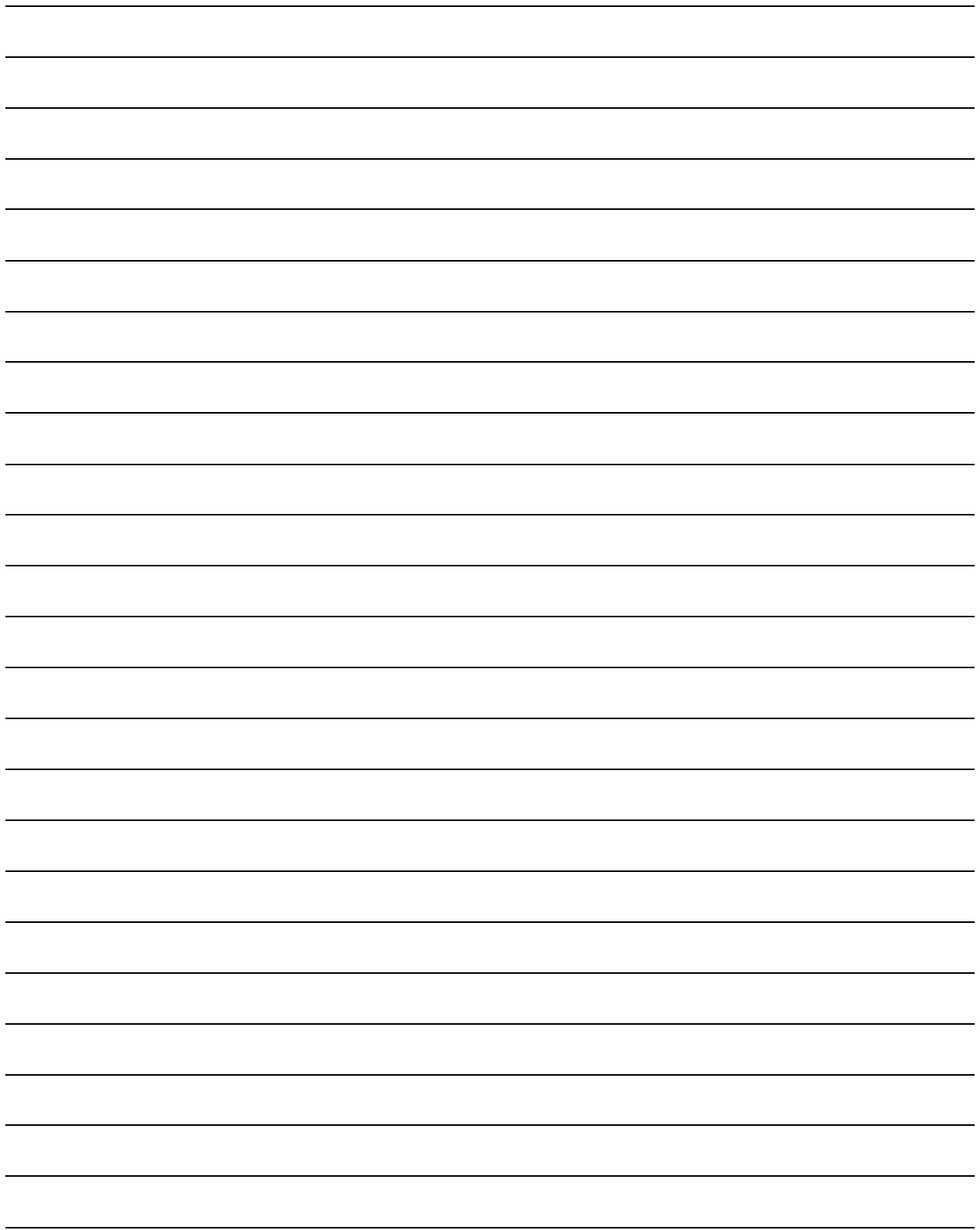
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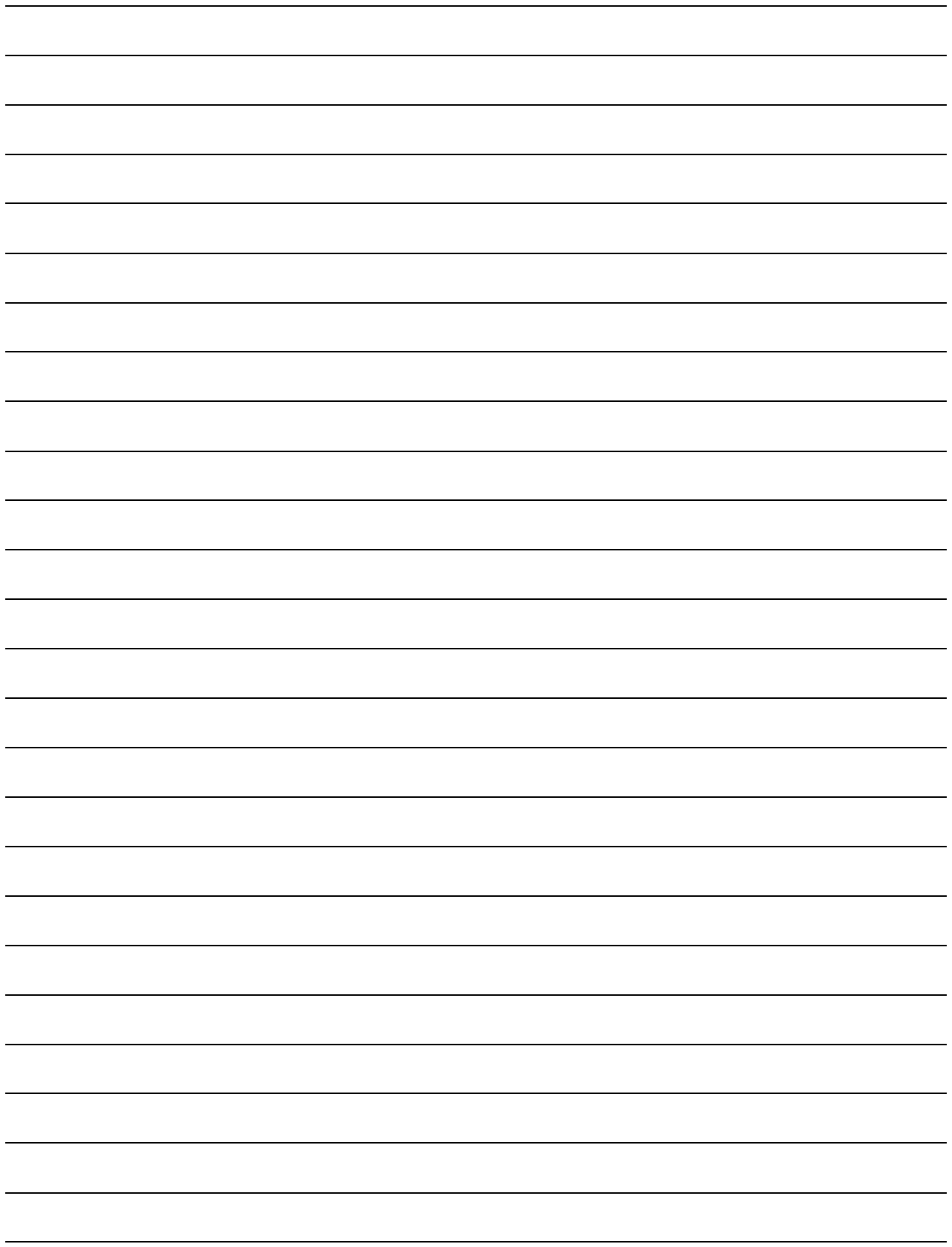
Write a commitment to yourself and give yourself permission to just live and let go of the uncertainty you cannot control

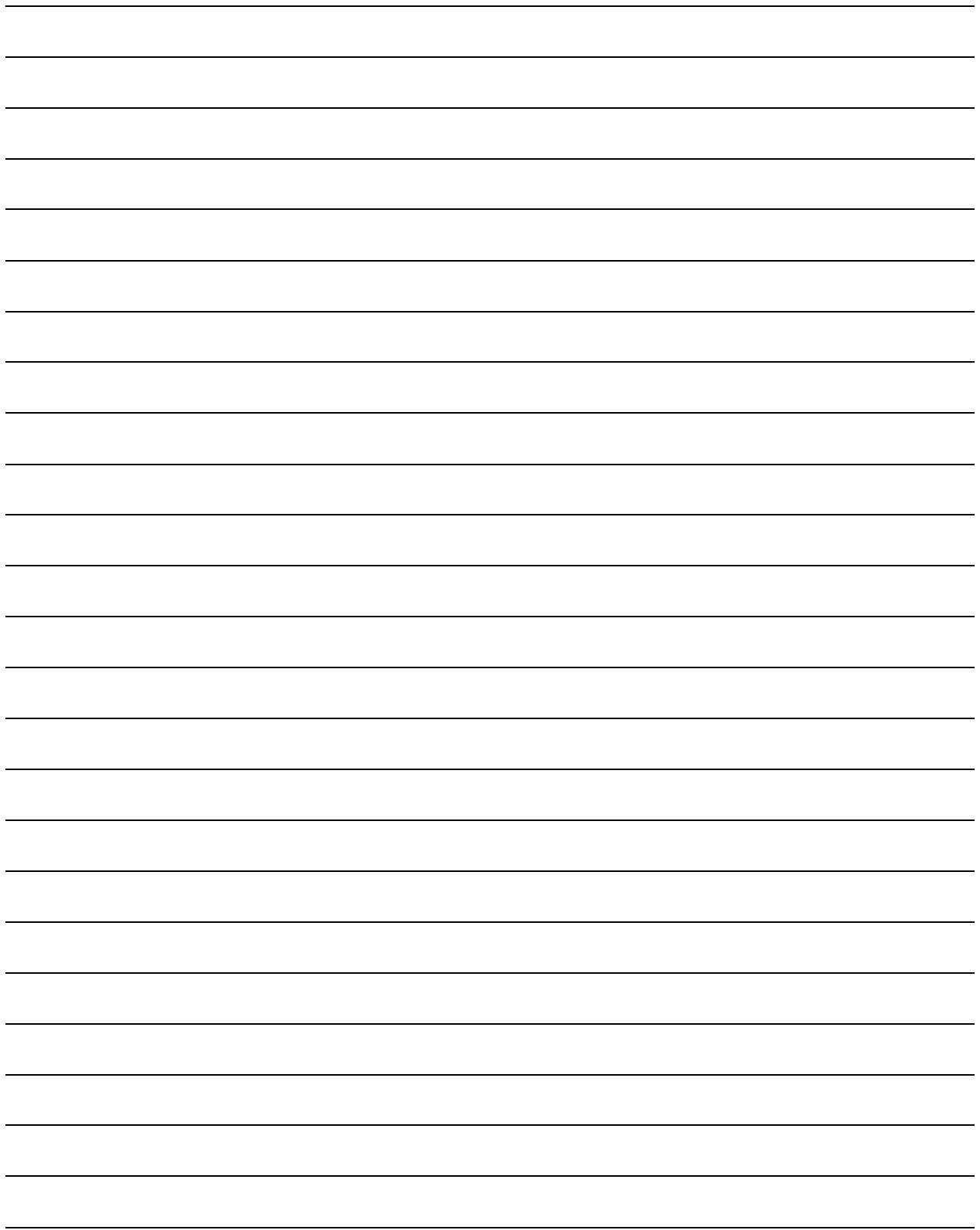


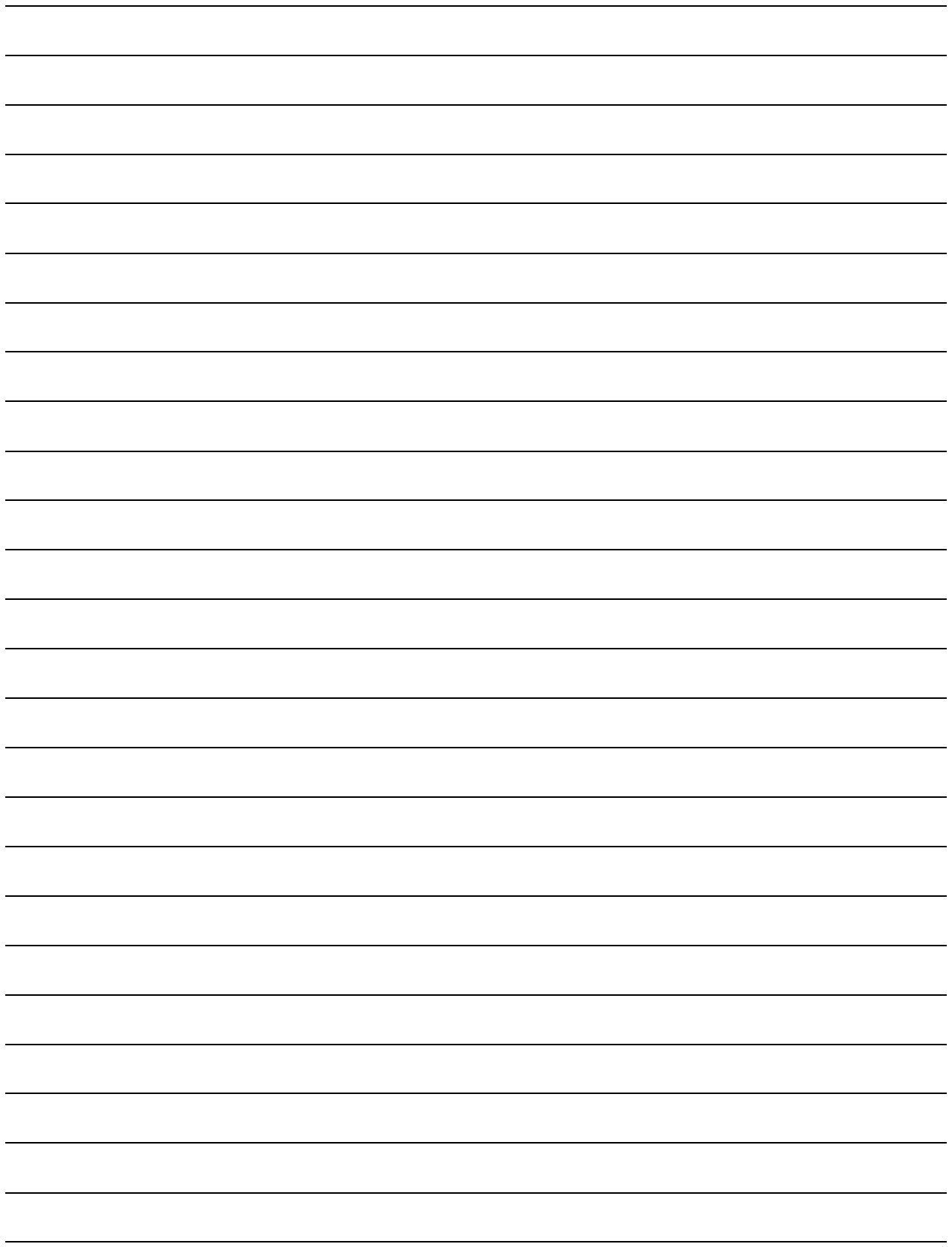


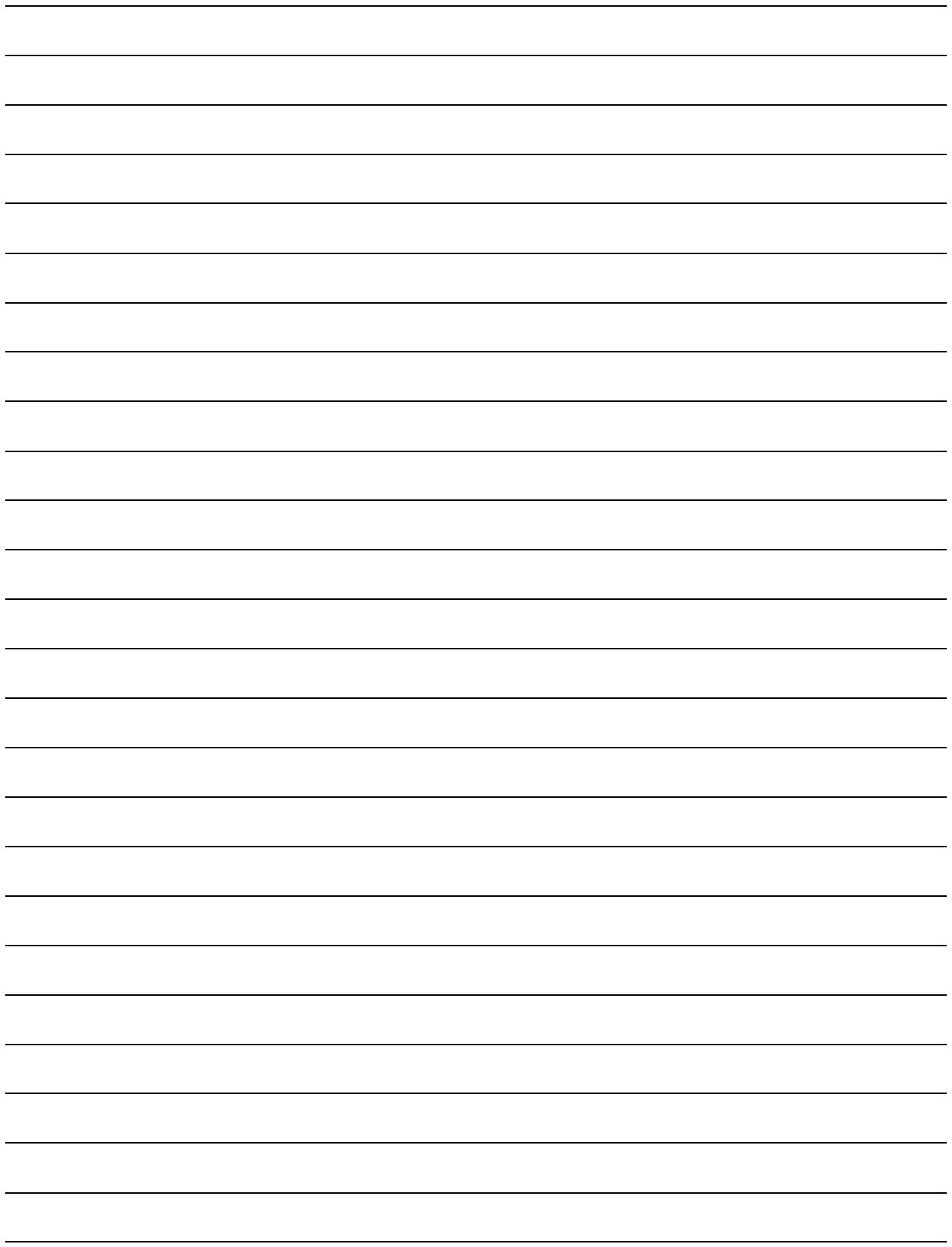


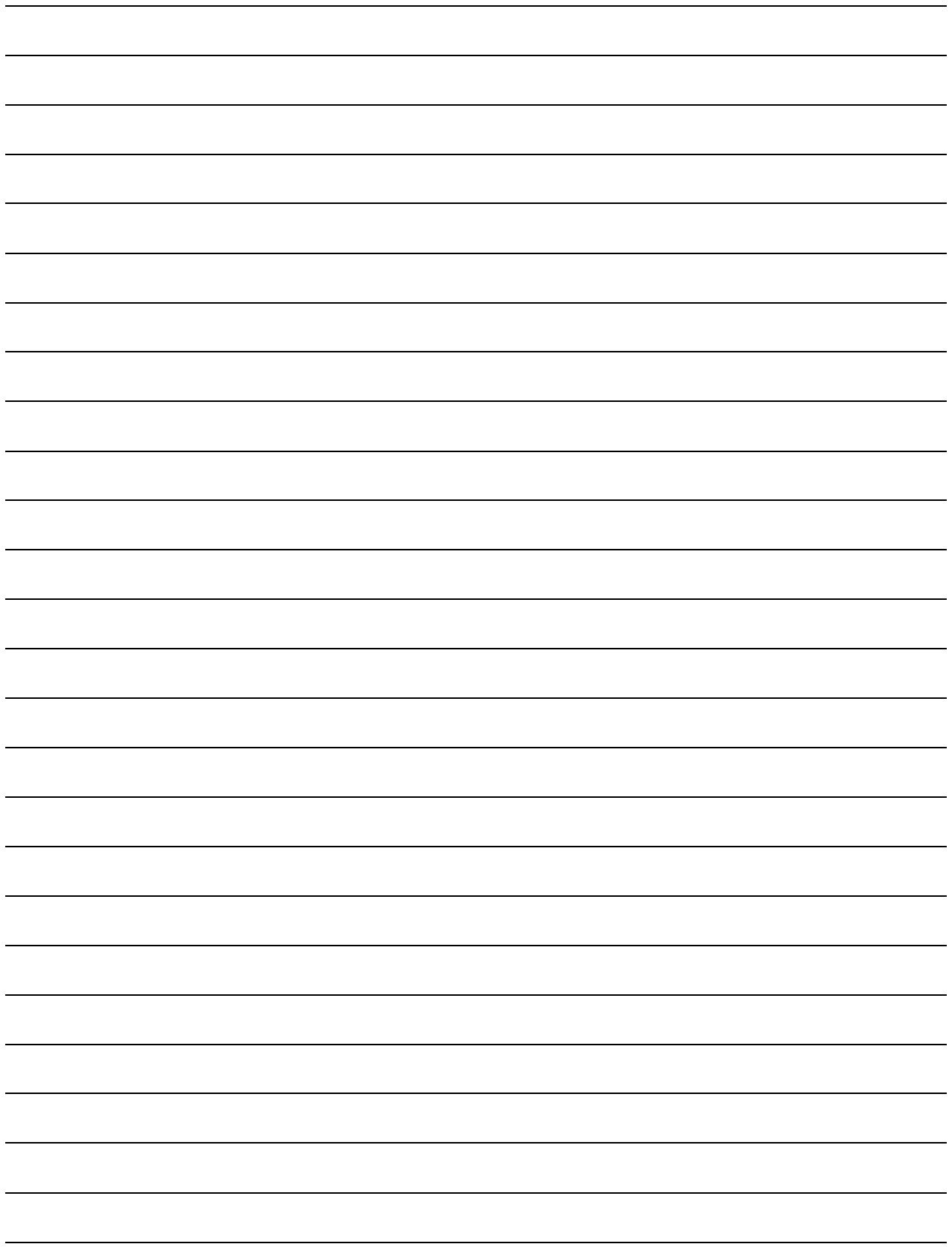


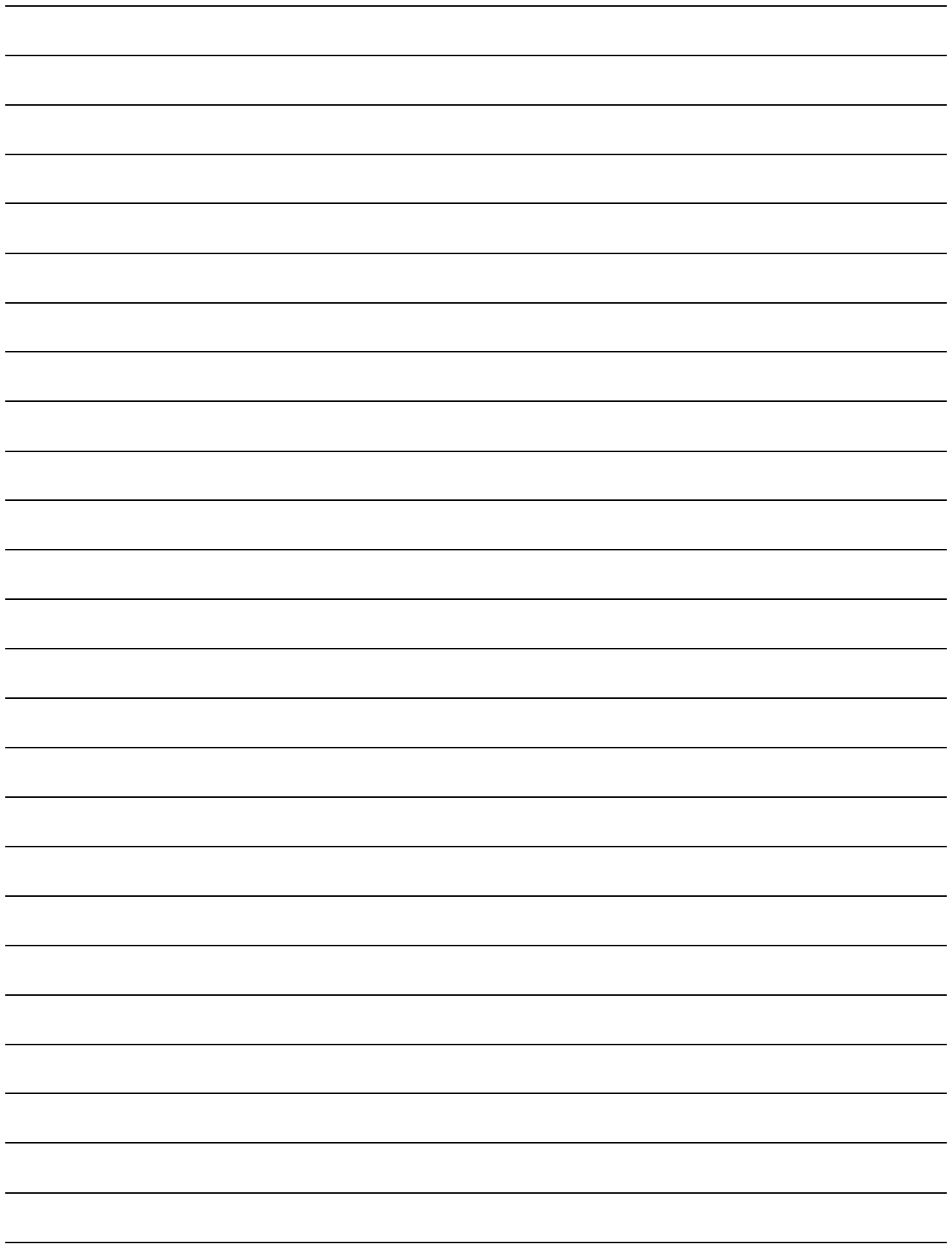


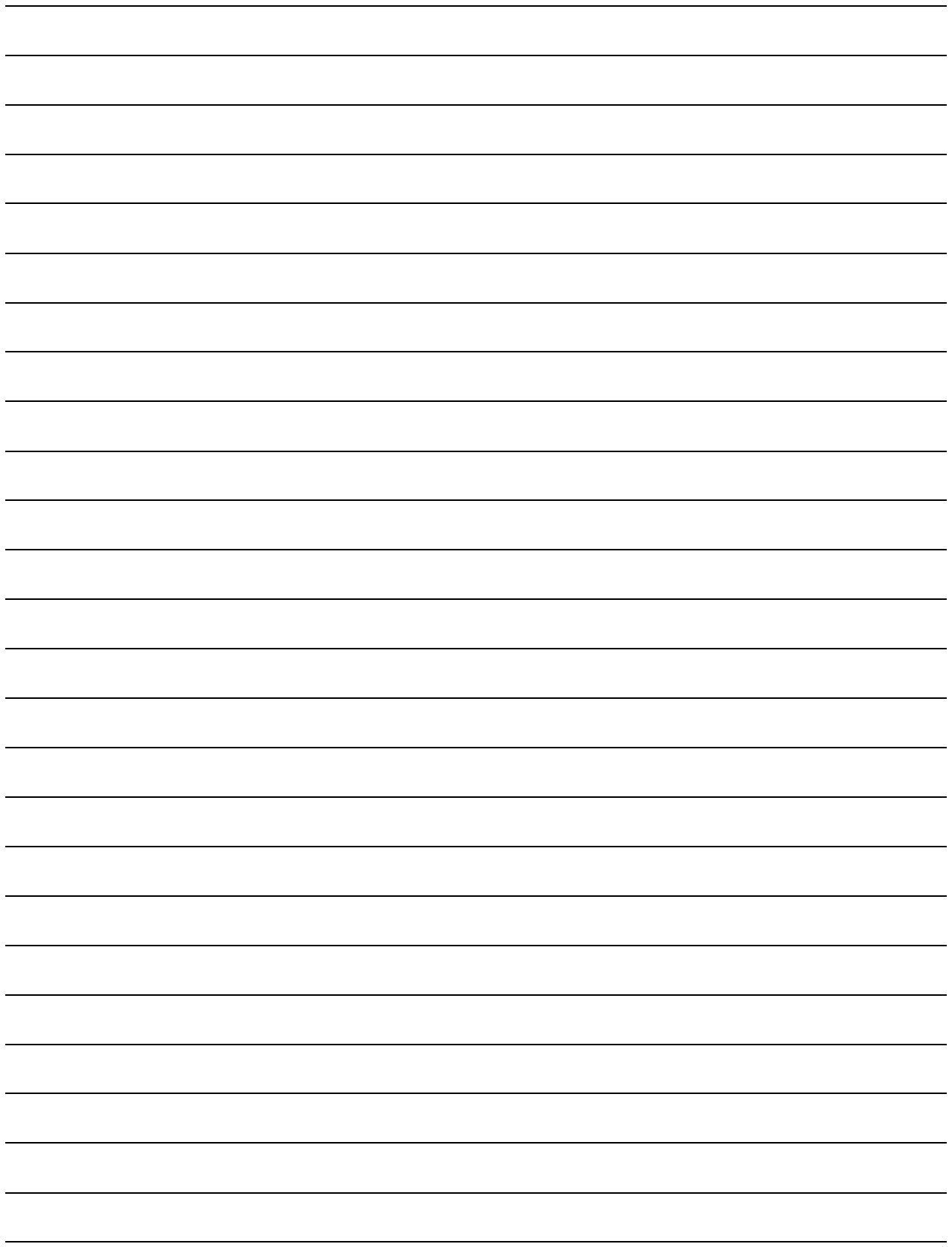


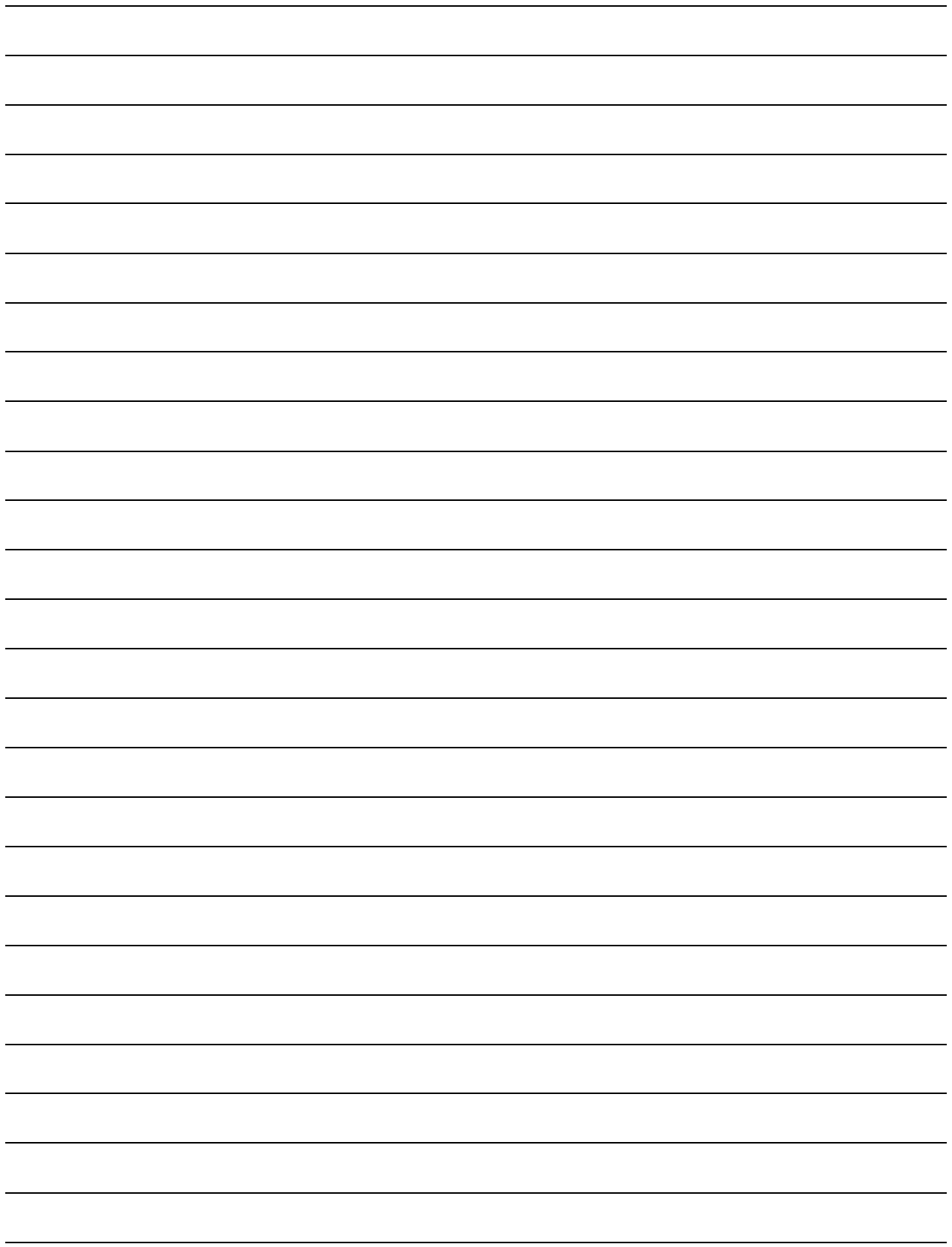


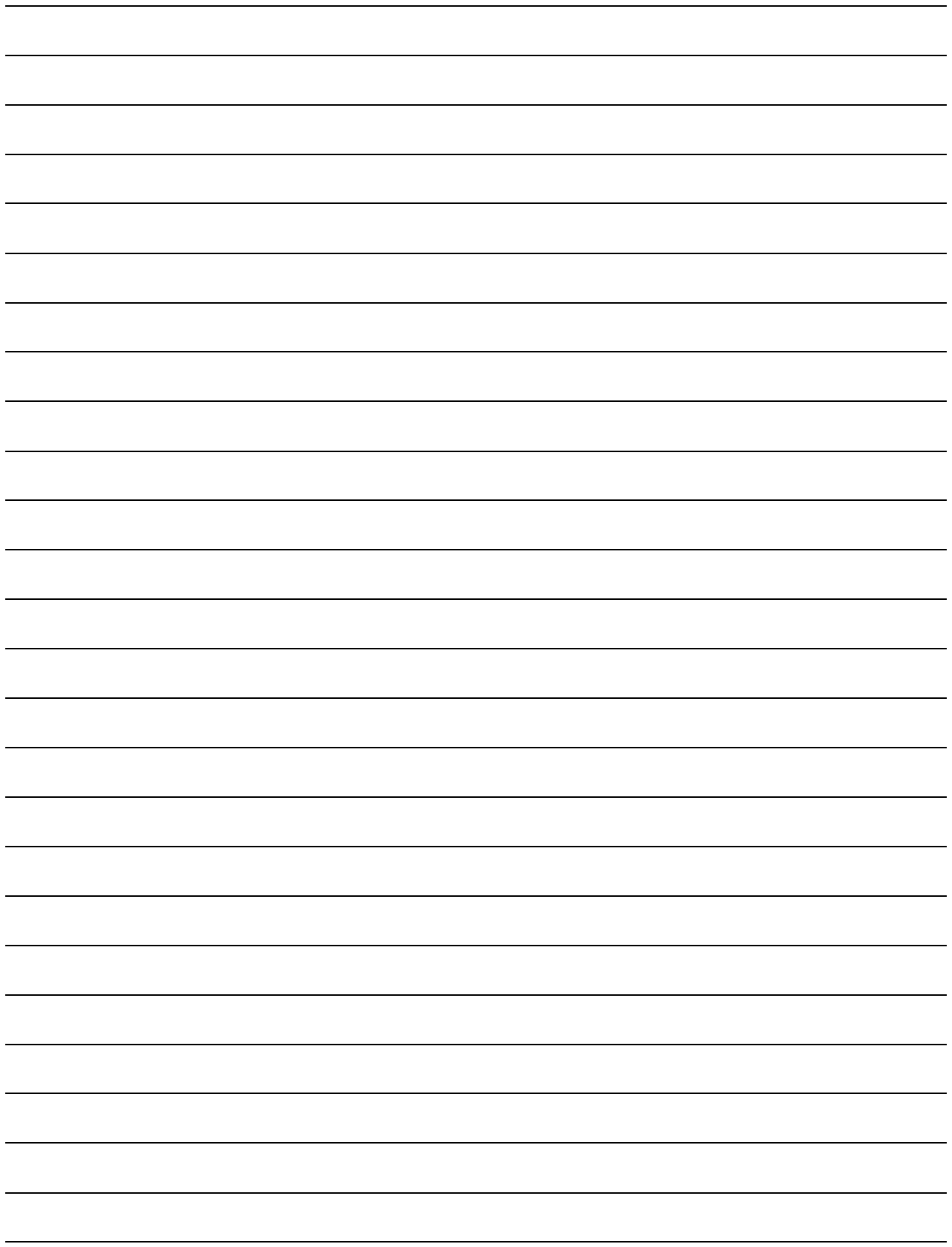


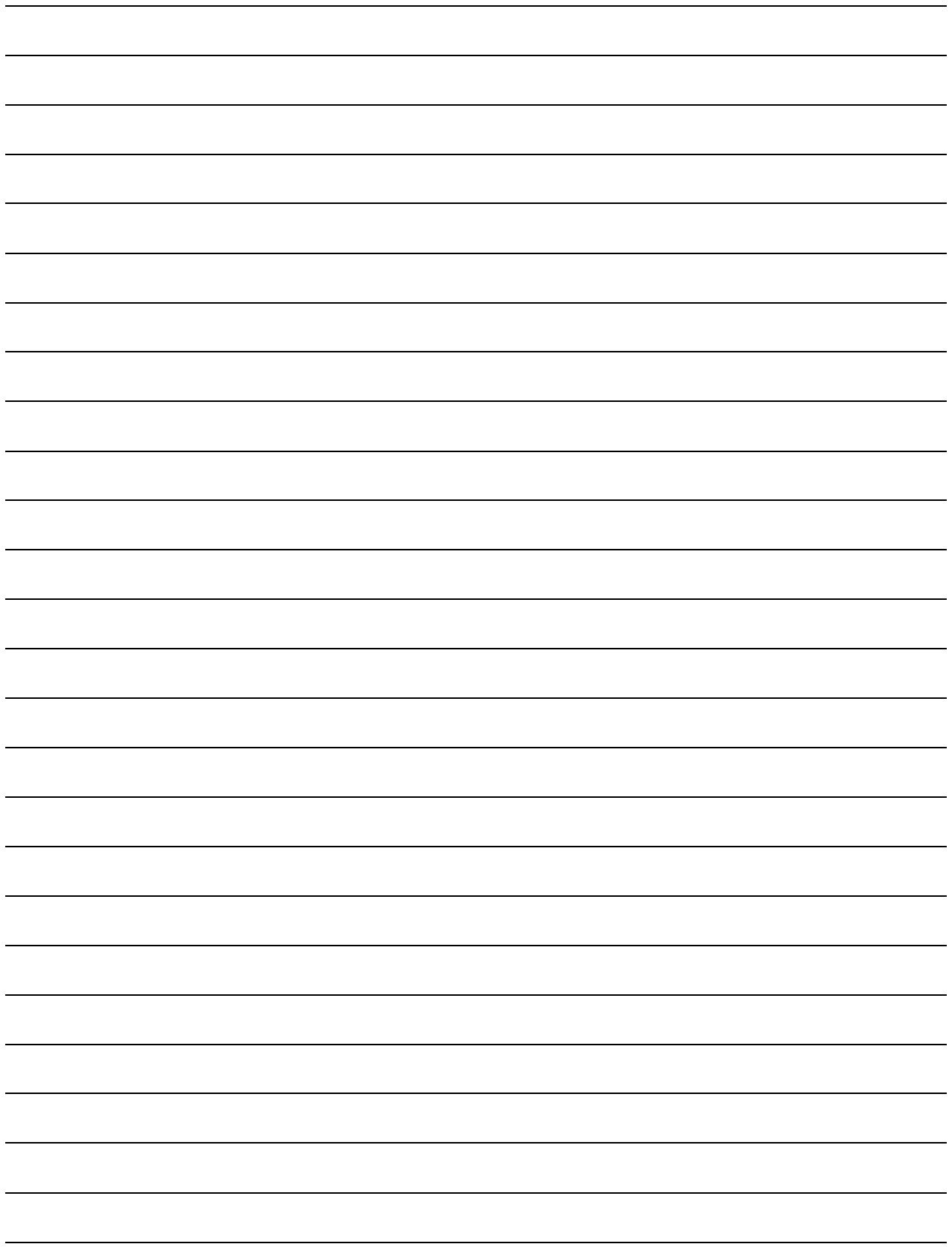


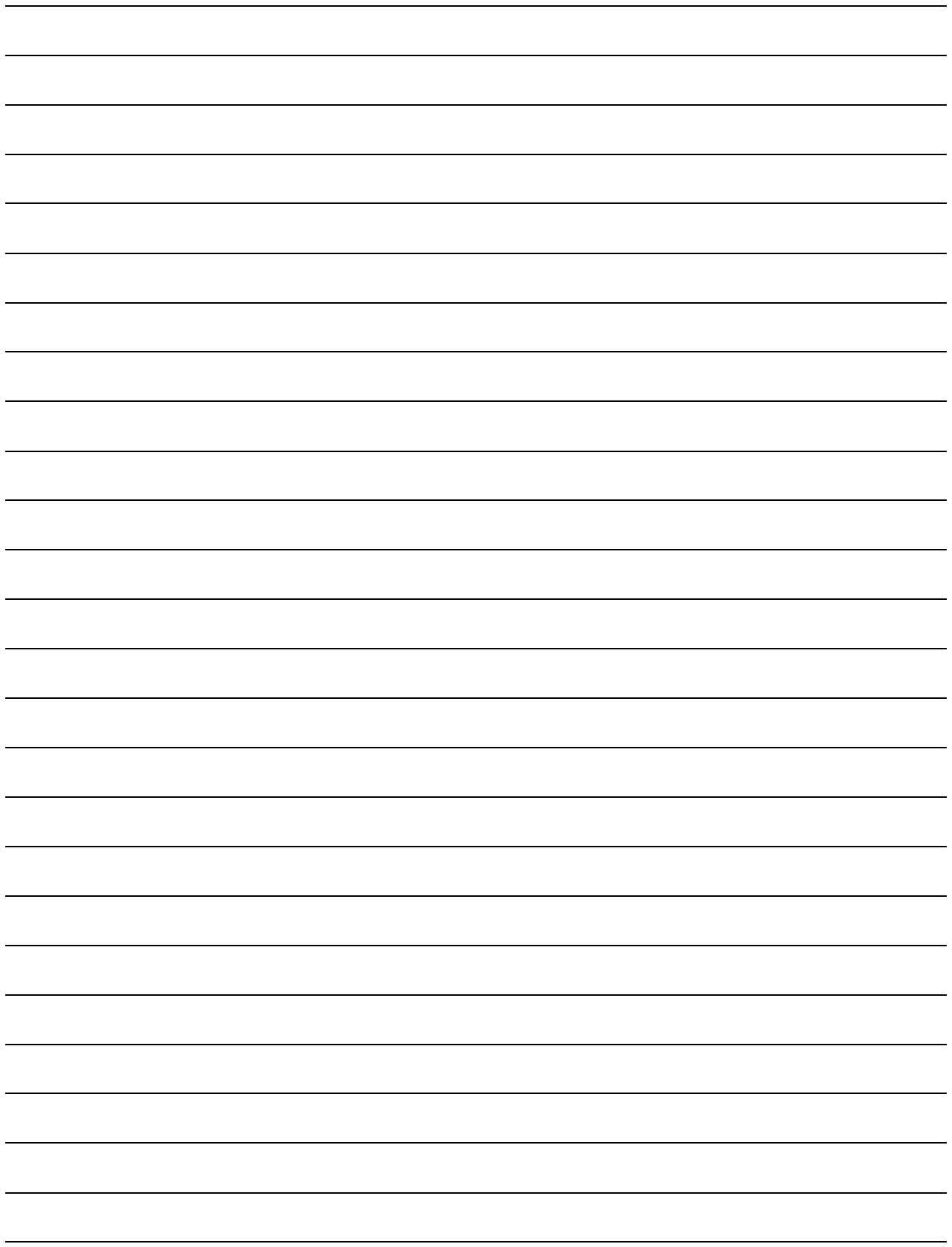


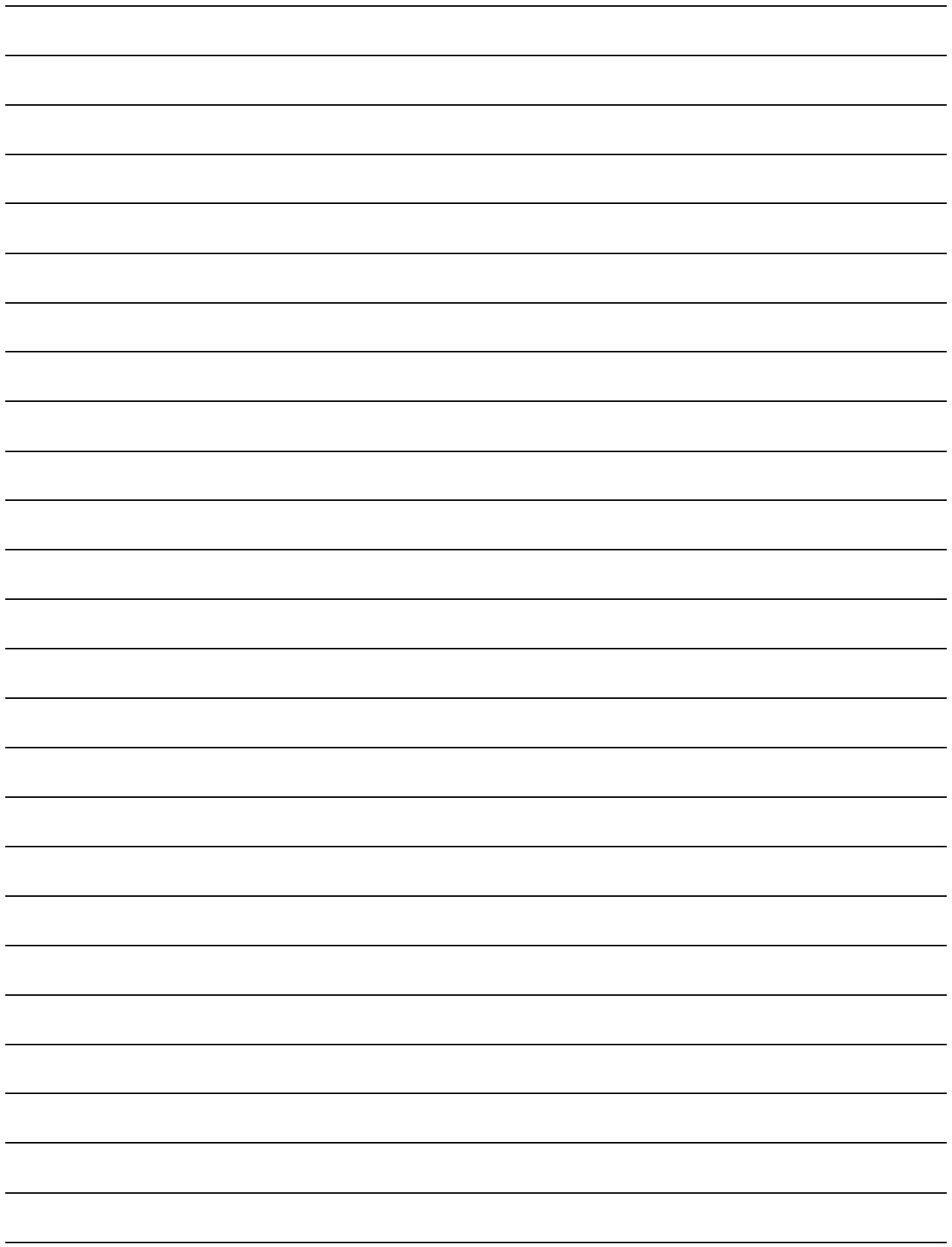












Exercise 8: Seek Talk Therapy

This is not a workbook exercise, but an action exercise

Seek talk therapy, if the symptoms of an existential crisis persist long-term or the symptoms become severe such as having suicidal thoughts then treatment should be immediately pursued.

While there is not a specific treatment for existential crises specifically, there are situations where the symptoms of an existential crisis require consultation of a medical professional.

Free Writing/Journaling

Lined area for free writing/journaling, consisting of 20 horizontal lines.

