

# Existential Therapy : Victor Frankl founded Logotherapy

- Although it may appear to be philosophically difficult to understand, the final analysis is simple. **Life is what we make it and we are empowered to do so.** The difficult part is actually letting go of our own dysfunctional choices that stop us in our lives.
- **Most people are not self-reflective** and therefore expend a lot of energy avoiding core issues around their own humanity...consciously or unconsciously. **This avoidance causes a great deal of anxiety** as we avoid the dread of directly confronting our own demise and the meaning of life
- **Existentialism is a philosophy of being** that declares our aloneness in the Universe. We are born, we live, and we die, alone. Furthermore, there is no ultimate meaning in our lives or in our death. **The only meaning that exists is the meaning that we choose to assign.**
- **As a real possibility:** abandon the dysfunctional meanings previously assigned by our programming and create new functional meanings. **We learn that we are solely responsible** for whatever meaning and purpose is important to our own lives.

**We then become aware** that in reality, we have always been free to choose meaning. The meaning of life and death is arbitrary and this can be changed at will. Although, the causes of existential anxiety can be related to trauma earlier in life, **the root cause of the anxiety can be identified and released when the client is willing to face his own dread and choose new meaning.**

The goal is **to open** an entirely new window of possibility and **enroll the self into a new realm of being**. Anxiety is reduced and we can then explore new possibilities as we confront the meanings about life and death that have plagued our lives.

Techniques as follows:

- Education: **what it means to be human** and to live a conscious life; talk, books, movies.
- **Authentic** relationship: I and thou relationship, free flowing conversation, promotes realness
- Philosophical perspective: acceptance of subjective reality
- **Confrontation**: Gently challenging life choices; use of questions
- **De-reflection**: Refocusing from the cycling of the 'existential void' which traps one in negativity

# Visual Analysis of Behavior Chain

The only thing that doesn't change..... 'what is so'

