

Four Worlds of Human Existence

The four worlds of human existence are an essential aspect of existential therapy and can stimulate ongoing reflection in clients; they include (Adams, 2013):

- Physical
- Social
- Personal
- Spiritual

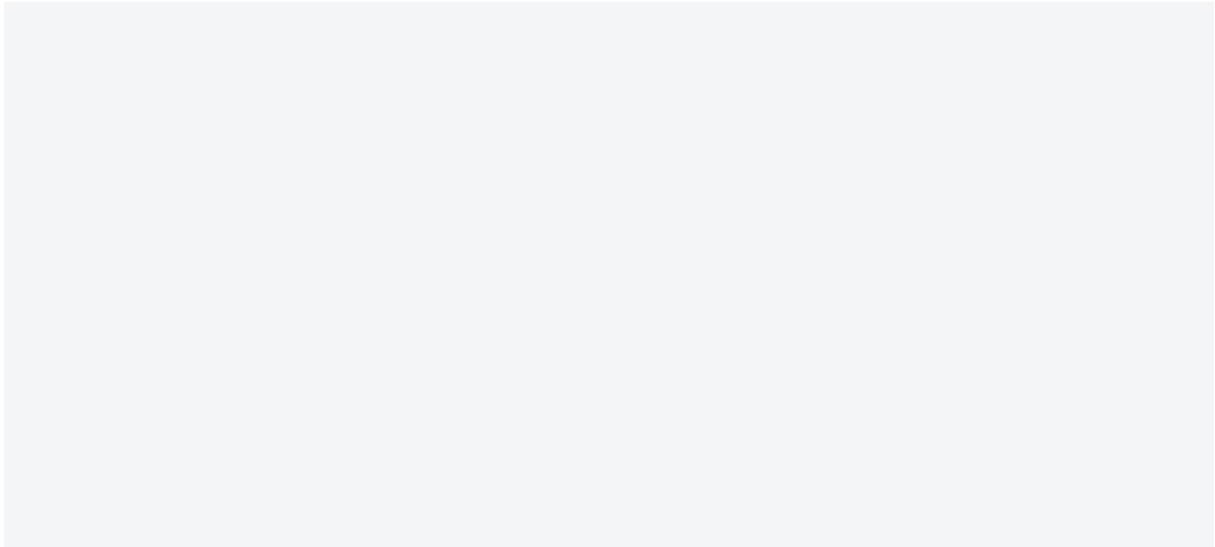
The following questions can be shared with clients and revisited throughout treatment.

Reflect on the following questions (Adams, 2013, p. 27-28). There are no right or wrong answers, but the act of trying to answer each one will help you consider your values and what gives your life meaning.

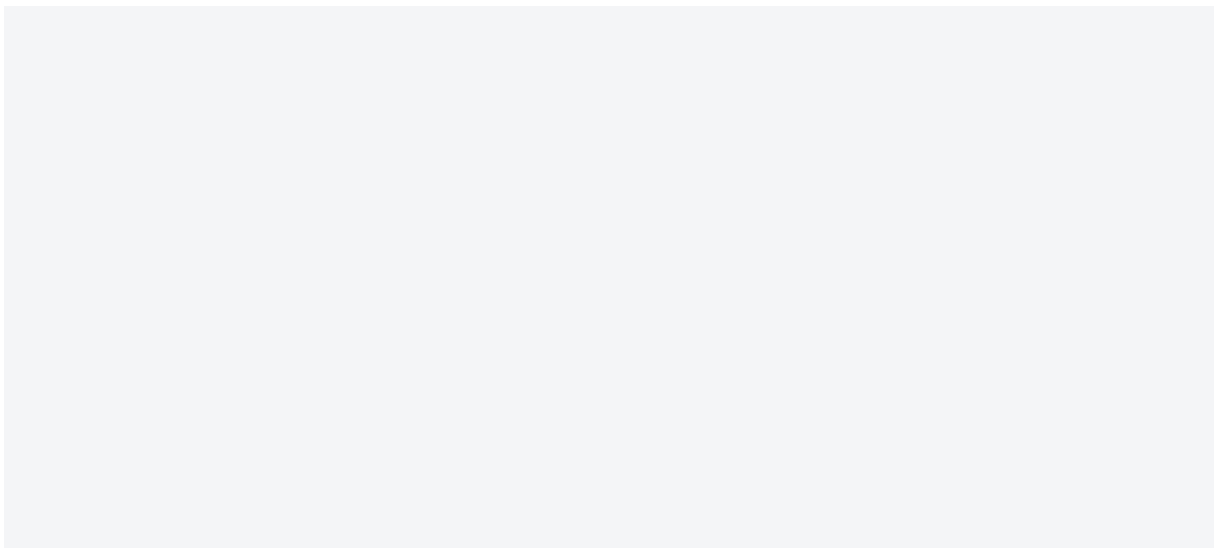
How can I live my life fully knowing I may die at any moment?

What are other people there for?

How can I be me?



How should I live?



Spend some time on each question and keep the answers safe.

References

- Adams, M. (2013). *A concise introduction to existential counselling*. London: SAGE.

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