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### Essay Questions

(10)- The existential view of anxiety is being confronted with the things that exist and cannot avoid the reality of it such as death, freedom, choice, isolation, and meaninglessness. As a therapist, having the existential perspective a way to help my client that suffers a great deal of anxiety is by guiding and teaching them how to be at peace with the uncertainty and to also explore the possibility of breaking the patterns and building new ways of living. (11)- The existential view of death is those who have the awareness of death but does not view it as a negative but rather death gives it more reason to live or the significance to living. Death and the meaning of life is related as stated in the text, “ life is a taskmaster, while death is a master teacher.” In other words, the awareness we have towards death becomes the source of our joy for life and death as well as life they have a dependence even though death can destroy us physically the idea of death actually saves us. Counseling implications of the notion between death and nonbeing is that clients that avoid death is giving the message that it is too overwhelming to explore if they keep going down that road it will haunt them for most of their life. (15)- To apply the existential approach to understand my struggles is I would apply the strive for identity and relationship with others. In this case, I know my identity I know who I am but my struggle is my relationship with others I would love to connect more with others and have deeper conversations where it is ongoing at times when I do not connect with others I view it as a failure but I would ask myself the big question as to why I avoid intimate contact and why do I stop an interact

before even starting a conversation. (1)- The existential perspective is based on exploring the morality, meaning, freedom, responsibility, anxiety, and aloneness. The goal of this approach is to lead a deeper a more reflective and meaningful existence. In a biblical point of view we see that society when they struggle with anxiety, depression, eating disorder and so on as they tell it to others as if its the normal having issues, they want pity from others and they cope it with accepting that it will be a part for most of their life when in reality in biblical perspective Jesus cast out demons and He even told His disciples to cast out demons, deliverance is our portion we are not meant to cope with these struggles, anxiety and depression does not come from the Lord those that does not come from Him must go should not have territory in our life. The aspects of this perspective I see aligning with a Christian worldview is being reflective of what you've struggle and how there is a better way to live life a meaningful life. What can be conflicting with this perspective is people accepting coping with the problem all they do is just have strategy to handle it instead of dealing with it to overcome it.