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Professor Stephen Maret
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#1 The existentialist approach can be similar to the Christian views as the individual having responsibilities for the choices he/she makes. Free to choose or not to choose but we also carry the responsibilities of such choices. Free will has a similar concept. However, Christians also believe in God's way and in that sense. Existentialists would say that the individual and not faith is the responsible party. But they would also agree that the way the individual chooses to see the outcomes and deal with them is what makes the difference.

#3 Because Existential therapy does not have a set method or techniques, one can draw from the many different existing techniques, and the main focus is on how the individual takes responsibility for his life and choices. The fulfillment in life is found in meaning-making and it is an individualistic approach, rather than systemic. It is more of how a person deals with what life gives than how she interacts and behaves with others. The purpose is to shape the individual's sense of self and will permeate everything else.

#10 Existentialists view anxiety as part of being alive. It doesn't cripple us but it makes us aware of what we are feeling and it is an appropriate response to a given situation. Anxiety is a part of being responsible for decision-making and taking control of our lives. It can be used as a motivational tool instead of a symptom of a psychological problem. I could ask a client what causes anxiety for him. When it manifests? What are some of the choices and options he sees making that anxiety reseed?

#14 Because differences in backgrounds and cultures are so great an existentialist therapist does not have a set way of viewing or relaying reality, a therapist can apply some of the basic concepts such as love, anxiety, suffering, and death. This allows the client to use his cultural lens to explore the meaning of life. Because the existentialist approach focuses on the individual it may seem that it ignores the relationships and social factor concepts of life such as death, purpose, and meaning-making.