

EXISTENTIAL CRISES: REFLECTIONS

PART VI



Worksheet 11

There comes a time when life itself confronts us with questions that reach beyond daily concerns. They touch the very meaning of our existence: Who am I? Why am I here? Where am I going? How can I best get there? • If you find yourself in this space, questioning and searching, know that this can be a powerful moment of awakening. The reflections that follow are designed to help you embrace this period of uncertainty, not as something to fear, but as an opportunity for renewal, one that can ultimately bring you closer to understanding what truly matters. • Before you begin, take a few moments to center yourself. Breathe slowly, letting the body relax and the mind grow still. Allow any uneasiness or confusion to settle into inner stillness. From that calm space, open yourself to the deeper insights these reflections may awaken.



What existential questions am I grappling with right now?

Reflect on the doubts or longings that are stirring beneath the surface. Are you wondering about your purpose, where your life is heading, the significance of your efforts, or whether you've been investing your time in what matters most to you?



What personal values, goals, or beliefs are being challenged?

Consider the fundamental assumptions you hold—about success, happiness, love, freedom, or other deeply held convictions—and why you are questioning them at this time. Notice whether your changing perspective is asking for a refinement or a rejection of what you once believed.



Is the existential crises of a spiritual nature?

Have you lost touch with the inner strength or purpose that once sustained you? Are you experiencing a crisis of faith—a loss of attunement with divine will, a waning confidence in your own worth, or doubts about the validity of your path or the integrity of spiritual guides? Do you find yourself questioning long-established forms of devotion and worship that no longer feel pertinent to your way of relating to the Divine?



What does my most meaningful life look like?

Consider the elements that would make your life feel deeply fulfilling: your work, your relationships, your creativity, your service, your spiritual growth, and the contribution you feel called to offer.



What obstacles are holding me back from realizing your dreams?

Consider both external barriers such as finances, responsibilities, or relationships, and internal ones such as fear, doubt, self-judgment, or loss of inspiration and determination.



What support or resources could help me move through these crises?

Are there trusted friends, mentors, spiritual guides, therapists, or other resources you could turn to for guidance?



How is this period of soul searching helping me know myself better?

What is it revealing about your inmost longings and your willingness to acknowledge them? Is a deeper understanding about your purpose or direction beginning to emerge through this questioning?
