

Reflection Paper: Man's Search for Meaning

Name

University

**What concept in Frankl's book had the most profound impact on you?**

Existential theory is at the core of my main theoretical orientation. I love a lot of things about this theory; however, after reading this book, I like a lot of the ideas Frankl mentions in his theory, Logotherapy. I can see myself applying a lot of what Frankl says and using it with my clients. The one concept in Frankl's book that had the most impact on me and was mentioned all throughout the book was "He who has a why to live for can bear almost any how." Reading about the Holocaust and other tragic stories has opened my eyes that even in the most horrible conditions, an individual can find hope. Frankl talks about three "whys" that a person can find hope in, love, work, dignity in suffering. If an individual can find meaning in any of these, then they can live a purposeful life. Individuals who do not have a "why" often feel there is no meaning in life and the prisoners in the concentration camps who felt this why often died shortly after. I think everyone can find meaning in their lives; it does not matter who you are or where you are. Frankl mentions there can be meaning in suffering, if there can be meaning in a creative life or a life of enjoyment, then why can there not be a meaning to life in suffering. One can make a victory of those experiences, turning life into an inner triumph. This does happen in today's world, there are individuals who have terminal cancers and know they will not survive, but they discover meaning and that meaning will keep them filled with life.

**How can you apply that concept to your work as a professional counselor?**

I can see myself using some of Logotherapy in my future profession, and I do think Logotherapy can be more useful than many other psychotherapy techniques. This theory is all about constructing a future for oneself. It is all about restoring one's sense of purpose. Helping individuals discover their current purpose is one of the goals in career counseling. Students are attending school because they want to find something they love to do for the rest of their lives;

they are finding a “why” in work. If I can help students find a career or major that they love to do, then I am helping them find a “why” to their life.