

## EXISTENTIAL QUESTIONS

(Adapted from Encountering the Sacred in Psychotherapy, James and  
Melissa Griffith, p. 46)

1. What has sustained you?
2. From what sources do you draw strength in order to cope?
3. Where do you find peace?
4. Who truly understands your situation?
5. When you are afraid or in pain, how do you find comfort?
6. For what are you deeply grateful?
7. What is your clearest sense of the meaning of your life at this  
time?
8. Why is it important that you are alive?
9. To what or whom are you most devoted?
10. To whom or what do you most freely express love?
11. Is spirituality or religion an important part of your life?