

Five Areas of Meaning

- Self-discovery: Individual begins to see the "authentic self" beneath all the shells and/or masks layered on to protect himself/herself from external sources
- Choice: Right or privilege to choose freely from a number of options/alternatives (Webster). Existential - the belief is that the individual with a free will makes choices throughout life. *... of Existential*
... choices
- Uniqueness: One and only; having no like or equal; unparalleled (Webster). Existential, each individual is irreplaceable. *... irreplaceable*
- Responsibility: Accountable and/or answerable, obligation, duties (Webster). Existential - respond to the meaning offerings of the moment. Synonymous with outer guidelines - society, parents, government. Inner guidelines - one's conscience, which Frankl labels "responsibility."
- Self-transcendence: The human capacity to reach beyond oneself to others which, in turn, makes the individual feel needed and fulfilled.