

The Existential Process

Read the following descriptions of the existential process and then answer the question.

Existential Anxiety—Looking at existential concepts as responsibilities over which you have no control and having no choice but to find a way to deal with the life experiences.

Existential Moment—Recognizing that your anxiety exists, what it is, and where it comes from.

Existential Resolution—Facing your depression and anxiety to find a solution for the problems.

What event (in your life or in someone else's) would be a good example of the existential process?

Answer the question by typing your answer in the space that follows the rubric. Then, upload your assignment into ARCHIE as a .PDF

Rubric:

Total 10 points-

2 points- writing in complete sentences

2 points- writing about the same topic for each description (anxiety, moment, resolution)

2 points- presenting an original idea/argument

2 points- formatting your response as the model in class/ worksheet instructions:

existential anxiety-

existential moment-

existential resolution-

2 points- for each description (anxiety, moment, resolution) you provide an example and elaboration