

Faith and spirituality

What Gives Meaning and What Needs Space

Adults | 10 to 15 minutes

Meaning may come through religion, spirituality, relationships, nature, creativity, service, or no fixed framework. Beliefs may comfort you and also raise questions. You can explore what matters without defending a position or reaching a final answer.

Choose a current source of meaning or uncertainty. Use your own language and leave out anything you do not want to disclose.

Notice meaning and pressure

Describe what feels sustaining, what feels imposed, and what remains unclear. These categories can include the same community or practice.

Choose a voluntary connection

A next step might be private reflection, a chosen ritual, or a conversation with a respectful spiritual or secular support. Keep the option to pause or decline.

1. What currently gives me meaning or connection?**2. What belief or question needs room without an immediate answer?****3. What pressure or assumption would I like others to avoid?****4. What voluntary practice or conversation would fit now?****Clinical use and adaptation**

Respect belief, nonbelief, and changing beliefs. Do not impose religious interpretations or assume a faith community is safe. Discuss the client's wishes before involving spiritual leaders or community members.