

Noah

Psychology Man's Search For Meaning

1. What was the "first phase" according to Frankl, a prisoner would go through when arriving at Auschwitz? Please give solid examples from the reading and their significance. Think about how "illusion of reprieve," and "detached curiosity" in some ways helped the prisoners stay alive.

The first phase is that you have the illusion of reprieve, the idea you will be saved. The idea you can still hold on to things immediately after their incarceration.

2. The second phase the prisoners went through was a sort of emotional death the prisoners went through. Please give examples of this and also how it may have been a survival mechanism.

For Frankl this was when we expect to keep something and realised that he was nothing. Another example is that every time you did something to not die somebody else had to die.

3. According to Frankl, what prevented him and others from committing suicide?

The thought that they could get out and see your family. To have a goal that you need to accomplish in the future. This would take your mind off of the present and make it just something they need to do to reach that goal.

4. What sorts of hurts beside physical were more painful to Frankl in his time in Auschwitz and why?

Humiliation was very painful for Frankl. Also dehumanisation. I.e. when he got a rock thrown at him for standing around. He wasn't even talked to.

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Psychology East and West
Frankl Part 2

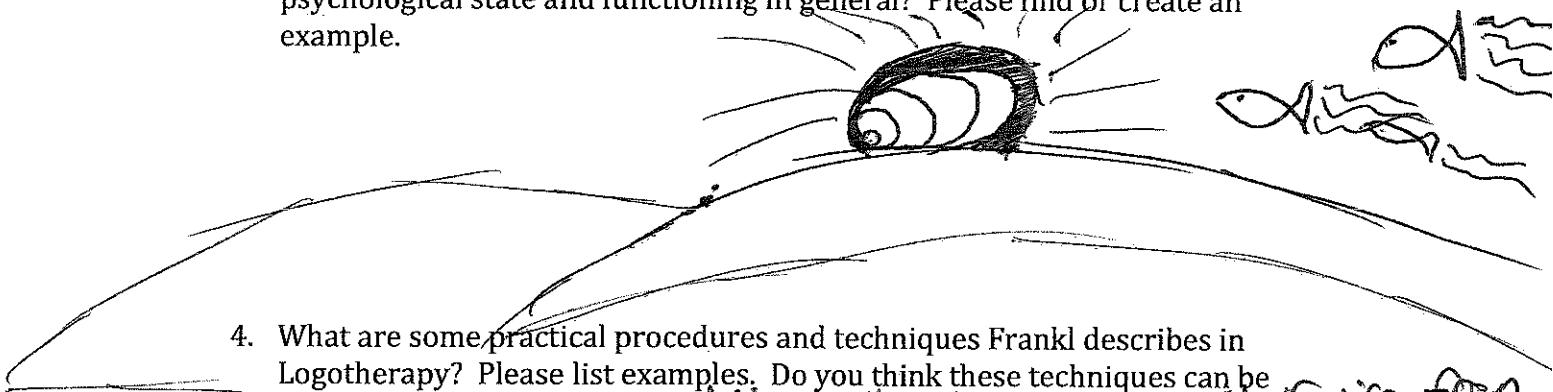
1. What is "a will to meaning?" How does this concept apply to the modern world? To your world? Please give examples for each.

Trying to find your individual meaning. Everybody wants to find meaning in their life. If somebody can find a meaning than their life will be rewarded with drive.

2. What is the "existential vacuum?" What are some examples of how people try to resolve this existential vacuum.

The lack of reason to do things. You don't have an idea for what you want your future to look like. People try to resolve this with nihilism. I.E. Meaningless sex.

3. According to Frankl, and Logotherapy, how does finding meaning in experiences or events or life, as opposed to nihilism, in general change one's psychological state and functioning in general? Please find or create an example.



4. What are some practical procedures and techniques Frankl describes in Logotherapy? Please list examples. Do you think these techniques can be effective in the modern world?

ASK people to imagine their life from their death bed. YOLO therapy. Look at the specific situations in life so you can see if it is really important.

5. How is Logotherapy similar to and different than other psychological theories?

Every theory is different in their own respects. UNIQUE