Quality of life philosophy V. Seizing the meaning of life and becoming well again

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Abstract

This paper presents a positive philosophy of life developed to support and inspire patients to take more responsibility for their own lives and to draw more efficiently on their known or hidden resources. The idea is that everybody can become wiser, use themselves better, and thus improve quality of life, subjective health, and the ability to function. To be responsible means to see yourself as the cause of your own existence and state of being. To be the one who forms your own life to your liking, so that others do not shape it in the way they prefer to see you. Seen this way, taking responsibility in practice is one of the most difficult things to do. One of the greatest and most difficult things to do in this context is to be able to love. To be the one who loves, instead of being the one who demands love, care, awareness, respect, and acceptance from somebody else. Since almost all of us have had parents who maybe loved us too little and mostly conditionally, we all harbor a deep yearning to be loved as we are, unconditionally. A lot of our energy is spent trying to find recognition and acceptance, more or less as we did as children from our parents, who created the framework and defined the rules of the game. But today, reality is different. We have grown up and now life is about shaping our own existence. So we must be the ones who love. This is what responsibility is all about. Taking responsibility is, quite literally, moving the barriers in our lives inside ourselves. Taking responsibility for life means that you are willing to see that the real barriers are not all these external ones, but something that can be found within yourself. Of course there is an outside world that cannot be easily shaped according to your dreams. But a responsible point of view is that although it is difficult, the problem is not impossible; it is your real challenge and task. If there is something you really want, you can achieve it, but whether it happens depends on your wholehearted, goal-oriented, and continuous attempts. This paper describes the philosophy about seizing the meaning of life and becoming well again, even when there is little time left.
If talk about meaning in life is not by definition talk about happiness or rightness, then what is it about? The most widely held and influential God-based account of meaning in life is that one’s existence is more significant, the better one fulfills a purpose God has assigned. The familiar idea is that God has a plan for the universe and that one’s life is meaningful to the degree that one helps God realize this plan, perhaps in the particular way God wants one to do so (Affolter 2007). If the meaning of life is determined, humans can work toward something beneficial. Currently, this is not necessarily the case. People work to further seemingly important goals that do not look at the larger scale. Once again, our thoughts and emotions are the only thing that make up our lives, so the only logical meaning of life is to optimize them. The conclusion made above, if true, brings up a few interesting points. First, are only humans included in this meaning? I would appreciate any comments on if any of my logic is flawed, as well as new ideas. Thank you for reading this. The meaning of life, or the answer to the question “what is the meaning of life?”, pertains to the significance of living or existence in general. Many other related questions include: "Why are we here?", "What is life all about?", or "What is the purpose of existence?" There have been a large number of proposed answers to these questions from many different cultural and ideological backgrounds. The search for life’s meaning has produced much philosophical, scientific, theological, and metaphysical