

Integrative Meaning Therapy (IMT)

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Meaning Conference 2021, August 6-8

Overview

1. What is Integrative Meaning Therapy(MT)? What are the defining characteristics?
2. What is the theoretical and empirical basis for MT?
3. What are the major intervention strategies of MT?
4. How to do case conceptualization in MT? What are some of the meaning-management skills?

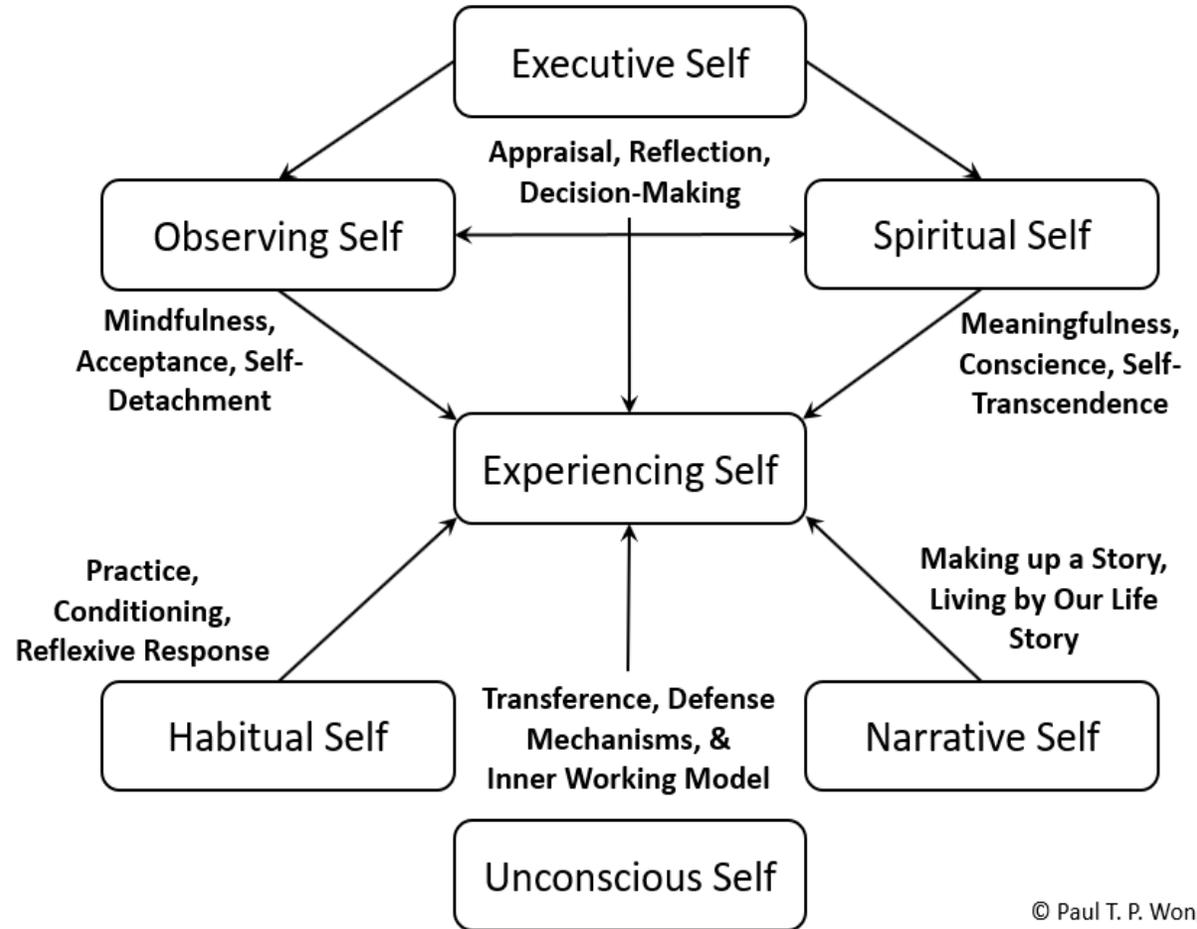
Hour 1, Part 1

What is meaning therapy (MT)? What are its defining characteristics?

- **Motto of MT: Meaning is all we have; relationship is all we need**
- **It is based on integrative Viktor Frankl's logotherapy with CBT, narrative therapy and positive psychotherapy, etc.**

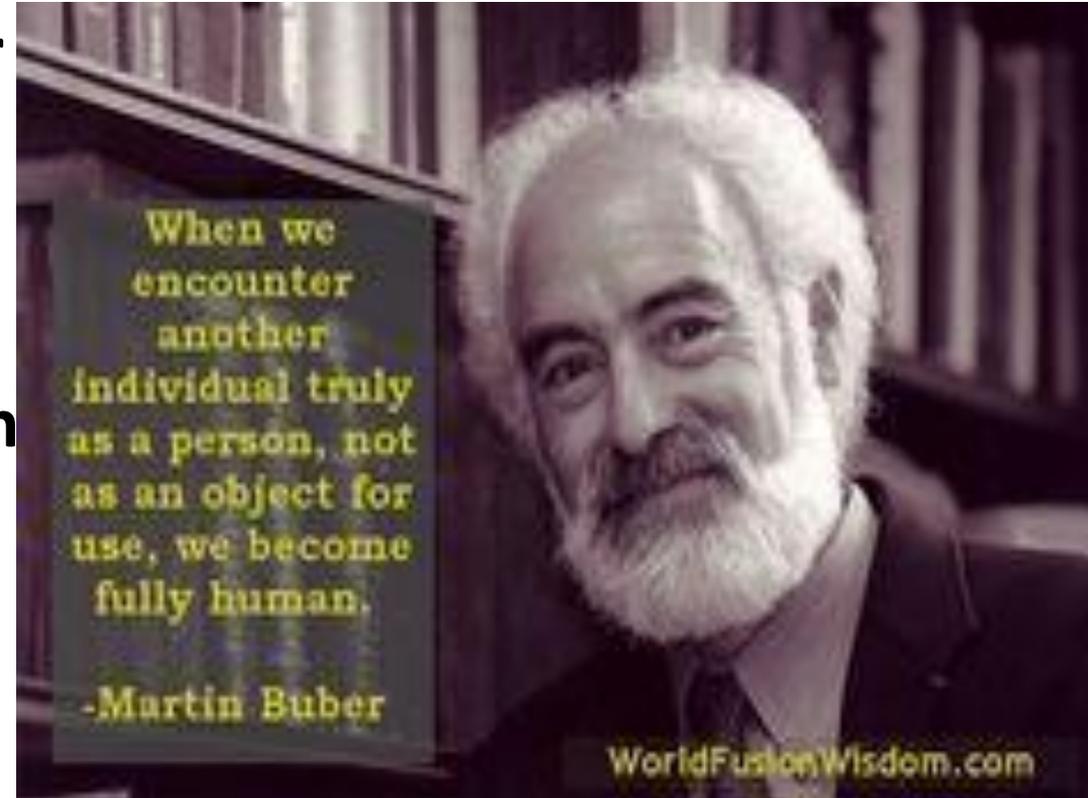
1. It is an integrative pluralistic approach to therapy

- No single therapeutic modality can meet all the needs of all people.**
- MT is inherently pluralistic because meaning is a holistic construct.**
- Meaning is the central integrative construct.**



2. It is based on existential encounter

- It is an “I – Thou” encounter, deeper than therapeutic alliance
- It emphasizes the here-and-now genuine interactions
- It values the opportunity to know and help another human being
- The therapist is therapy





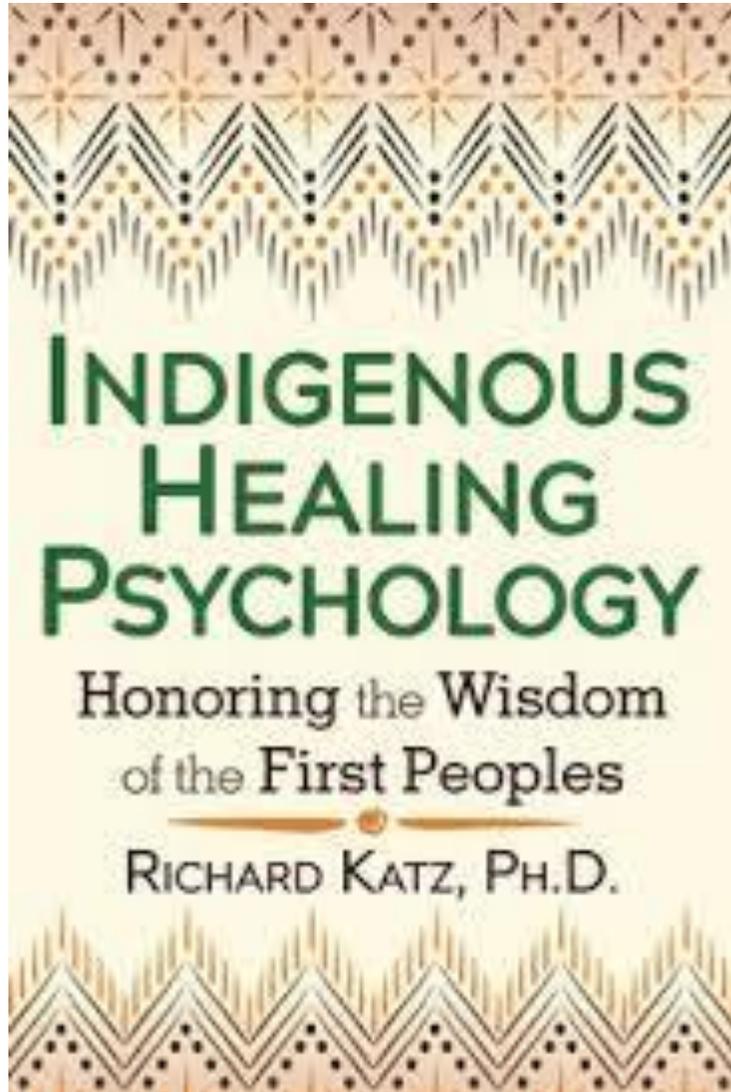
RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.

- The ability to stay with the client, no matter how painful. Perspective change, showing empathy, apologizing, owning up mistakes, seeking compromise, affirming love in spite of disagreement, collaborative problem solving, accepting each other's different communication style.



- **How do you greet clients?**
- **What do you say to them?**
- **How do you win their trust?**
- **How does a meaning-therapist do?**

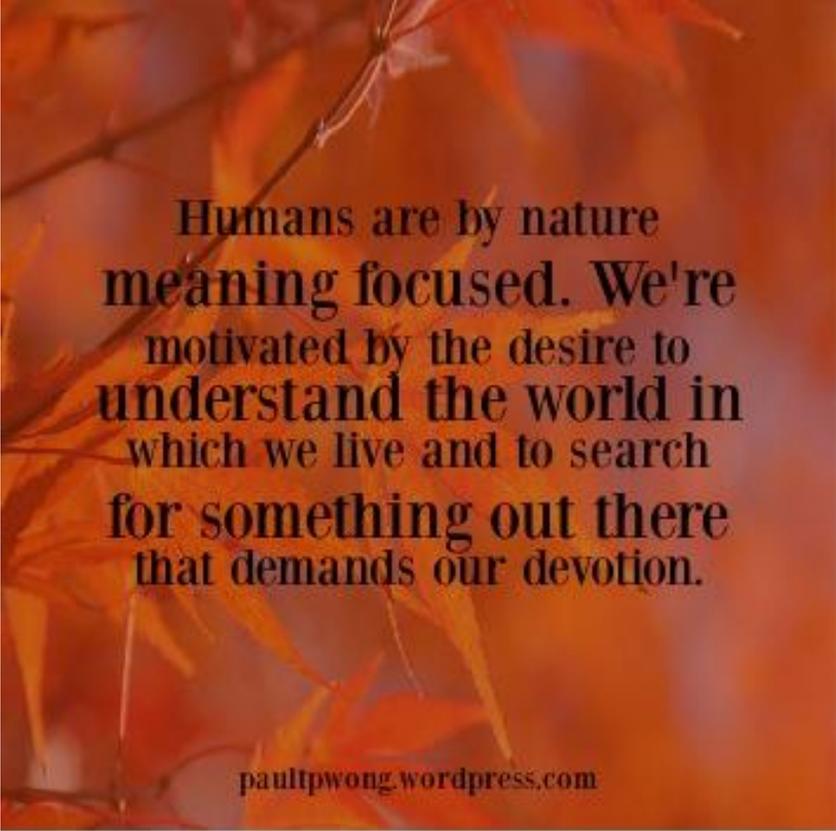


3. It is cross-cultural and indigenous

- It honors indigenous healing & uses ethnic communities as a resource
- It acknowledges cultural differences in expressing human universal
- It respects the client's cultural norms & practices
- It employs the knowledge and skills of cross-cultural counselling

4. It is a natural way is to help clients:

- Most human problems occur because people no longer live in harmony with nature's laws of mental health.**
- Help them to know who they really are**
- Help them to become what they are meant to be**
- . Help them to be better connected with themselves, with others and with God or a higher power.**



Humans are by nature
meaning focused. We're
motivated by the desire to
understand the world in
which we live and to search
for something out there
that demands our devotion.

paultpwong.wordpress.com

QuotePixel.com

- **All people are meaning-seeking beings by nature**
- **It taps into people's natural capacity for meaning seeking/making**
- **It capitalizes on the human need to make sense of life and to devote one's life to something greater than oneself (self-transcendence)**

JUST AS

Good Food



Clean water



Clean Air



ARE ESSENTIAL FOR PHYSICAL HEALTH,

Meaningful Work



Loving Relationships



Spiritual Faith



ARE ESSENTIAL FOR MENTAL HEALTH.

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- In the first session, I usually explore possible deficits in these three areas.

GOLDEN TRIANGLE

for positive mental health

FAITH

*in a transcendental
reality and intrinsic
value of life*

MEANING

*life goal or value
more important
than self*

RELATIONSHIP

*mutual
trust
and care*

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3. The golden triangle – The “Better angels” of human nature for flourishing

- All human beings need to fulfill their essential needs for meaningful work, loving relationships, and spiritual faith. People are doomed to be miserable when these needs are not met.

4. Meaning therapy is a spiritual therapy – Frankl

- **Plouffe (1992): “At the heart of every religion and of contemporary growth psychology is the conviction that *life has a spiritual dimension, that life must be dedicated to the fulfillment of meaning*.... In a broad sense, to be spiritual is to be sensitive to the dimension of meaning in one’s life” (p. 3).**

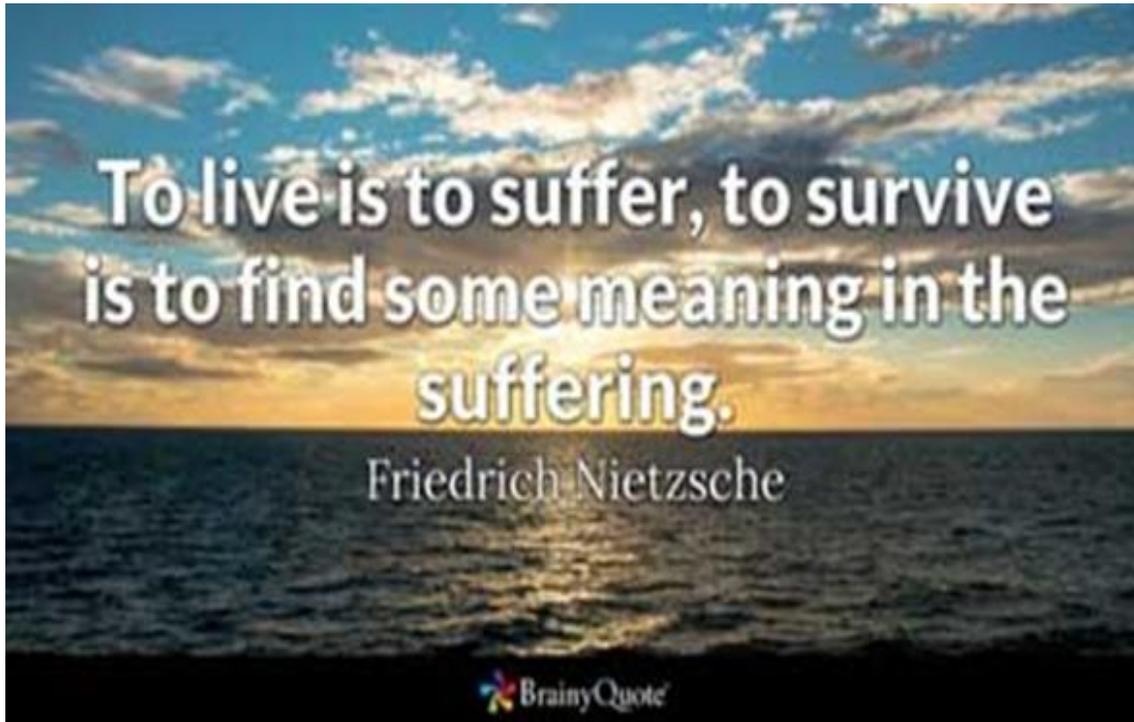
Frankl's contributions to the self-transcendence model of meaning



Only to the extent that someone is living out this self transcendence of human existence, is he truly human or does he become his true self. He becomes so, not by concerning himself with his self's actualization, but by forgetting himself and giving himself, overlooking himself and focusing outward.

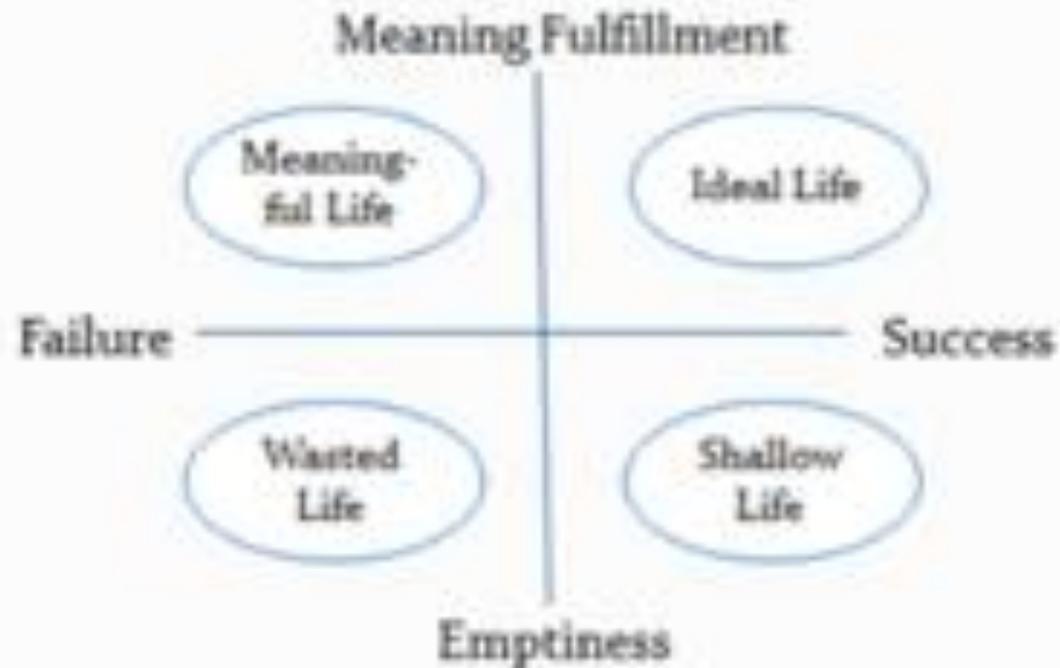
(Viktor E. Frankl)

izquotes.com



- **The world is full of suffering, but also full of overcoming**
- **Meaning enables us to survive because it makes suffering bearable and gives hope for the future**
- **Viktor Frankl:**
 - **Despair = Suffering without meaning**

The Meaning Mindset vs. The Success Mindset



- It makes all the difference when one makes important shift to their meaning mindset

Frankl's contributions to the self-transcendence model of meaning

- • A deep sense of meaning involves the volition of exercising one's will to meaning to pursue self-transcendence for the common good, regardless of sacrifice and suffering.
- • Meaning is not only anchored in subjective feelings, but also in an objective behavioral commitment to pursue something or someone greater than oneself.
- • Frankl attempted to restore the soul, or the noetic (spiritual) dimension, to psychology and society. Thus, the meaning of life is about developing one's gift in order to give one's best to serve the world.

The self-transcendence (ST) model

- The self-transcendence (ST) model of flourishing:
 - • ST is the motivation to go beyond limitations and obstacles in order to reach one's goal.
 - • ST involves the experience of something sacred beyond daily mundane activities.
 - • ST contributes to wellbeing through overcome adversity.
 - • No one can survive and flourish without the capacity to endure and transcend all the misfortunes and sufferings in order to serve something or someone greater than one's own life.
 - • My lifelong research proves this fundamental truth of life. This the cornerstone of Existential Positive Psychology.

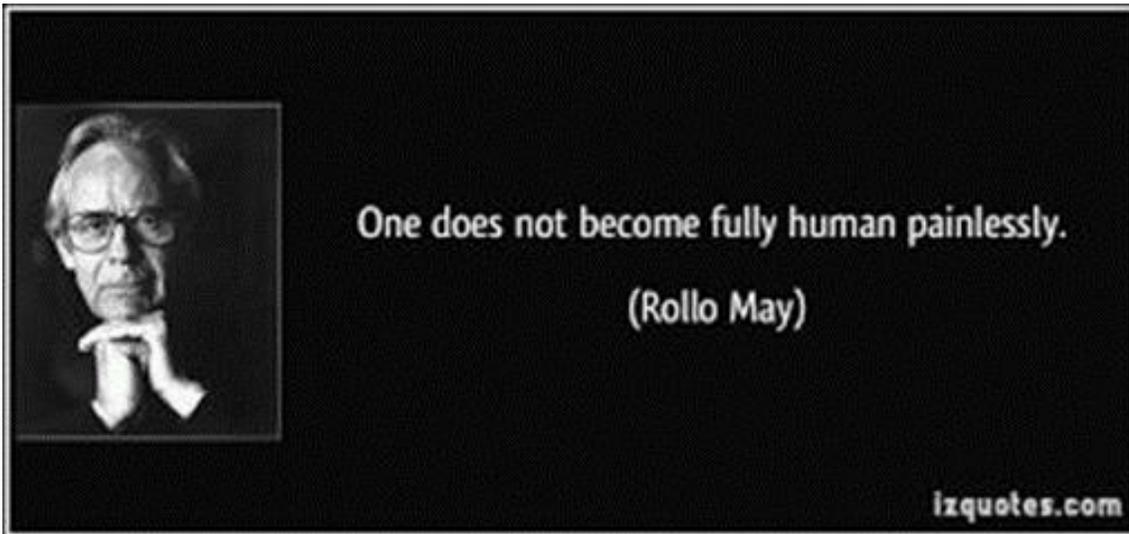
Five basic tenets of the self-transcendence paradigm:

- (1) We are all broken people living in a broken world; our basic mental health needs for meaningful work and loving relationships are often not met because of many external and internal barriers.
- (2) We need to transcend and transform our brokenness and suffering first in order to find wholeness and well-being.
- (3) The best way to move forward is to be motivated by the intrinsic motivation to become one's best in order to bring light to the darkness, no matter how difficult.

Five basic tenets of the self-transcendence paradigm:

- (4) The best way to achieve self-transcendence is to balance the dark and bright sides of life and to seek connections with our soul (innermost being), with others, and with a higher power in spite of setbacks.
- (5) The above struggles make us stronger and better, resulting inner peace from a sense of wholeness, completion and harmony.

Suffering, resilience, and the need self-transcendence (ST)



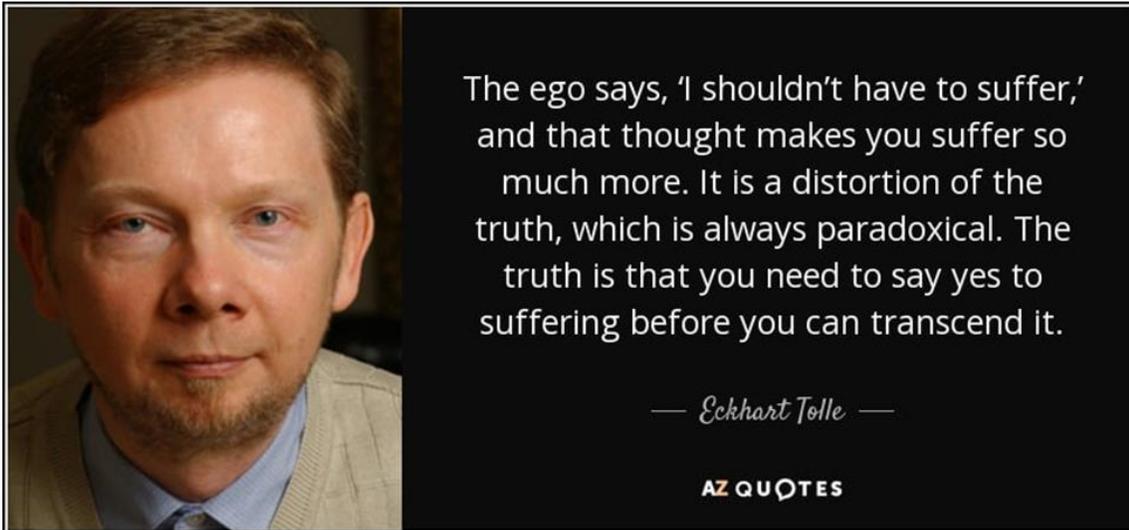
- • It is the worst of times; it is also the best of times. But we cannot celebrate the best without overcoming and transcending the worst.
- • The power of ST achieves the dual purpose of transforming suffering into resilience and motivating us to pursue the highest ideals.
- • This vertical dimension of ST is often neglected, because current psychology research tends to focus on the horizontal dimension of self-actualization, and worldly success.

Hour One Part Two

What is the theoretical and empirical basis of MT?

- It is based on existential positive psychology (EPP), also known as second wave positive psychology (PP2.0)
- It is based on the synthesis between existentialism and positive psychology.

Personal Reasons for suffering



- We all want to be happy but most of us feel miserable. Here are some reasons:
 - Too much egotism and pride.
 - Single-minded pursuit of life is in and by itself self-defeating.
 - Materialist things can never fill our spiritual and relational needs.
 - Too sensitive – easily impacted by what other people say or do to them, external events, their own limitations.
 - Loneliness and over-thinking.
 - Existential anxieties and suppressed painful emotions.

The Positive and Negative Sides of Ultimate Concerns



Yalom's four
existential anxieties in
Existential Therapy:

- Death (mortality)
- Freedom of choice
- Isolation
- Meaninglessness



Wong's four existential yearnings in
the Existential Positive Psychology of
personal growth:

- Religious or transcendental faith
- Courage to make the right decision
- Love or connections
- A life of meaning and purpose

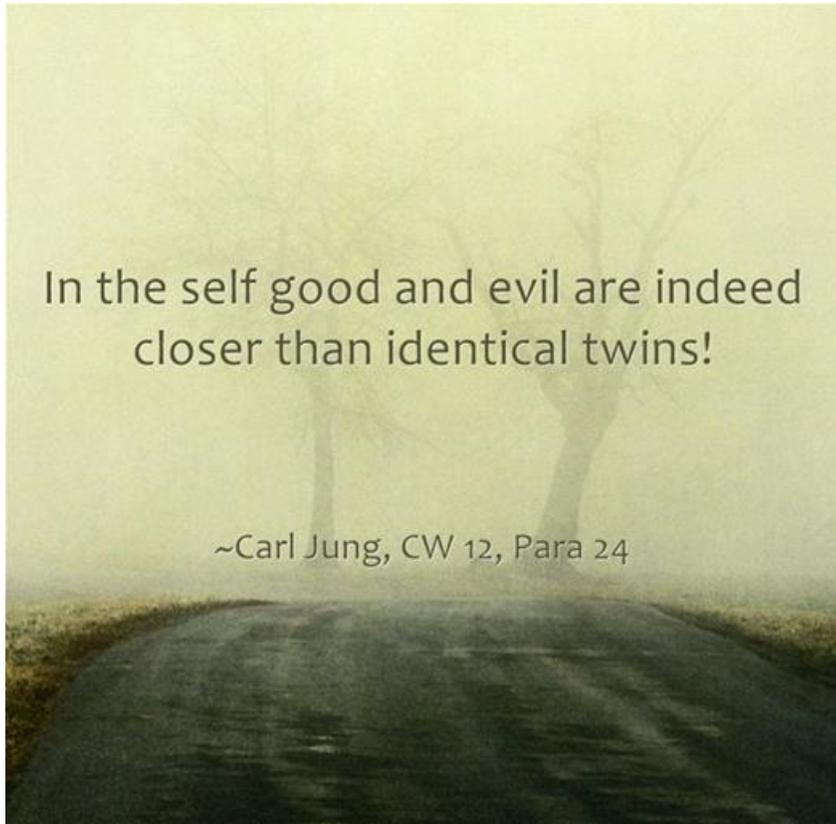
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Four Existential Harmonies

1. Death anxiety is harmonized with Faith in an immortal soul.
2. Freedom of choice anxiety with Courage to do the right thing.
3. Fear of isolation/loneness with Connections/social interest.
4. Fear of meaninglessness with living a life of meaning and purpose.

- **MT embraces the dark side of human existence**
- **It seems to bringing out the best in people through repairing the worst – thus, integrating clinical psychology with positive psychology into one discipline and removing the stigma of mental illness**

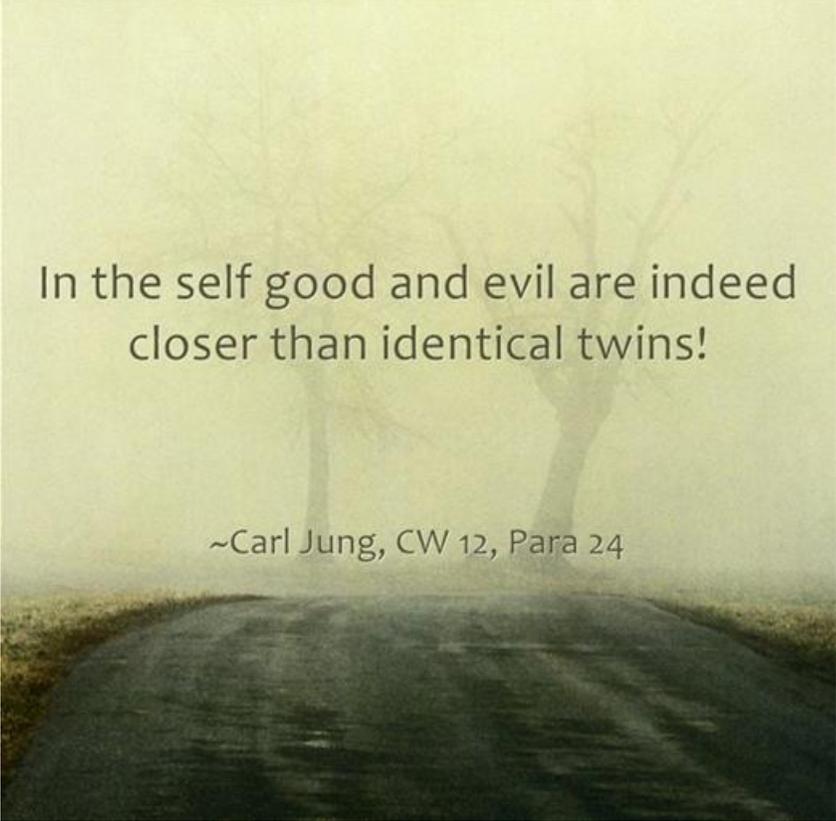




The need for existential positive psychology (PP 2.0)

- 1) Not possible to achieve mental health without protecting the mind from traumas, toxic relationships, and emotions.
- 2) Can't develop virtue or happiness without coming to terms with our evil twin.
- 3) Self-focused psychology can only take us so far; it needs to be balanced by selfless devotion to community and spirituality.

4. The need for existential positive psychology (PP 2.0)



In the self good and evil are indeed
closer than identical twins!

~Carl Jung, CW 12, Para 24

- 4) A binary either-or approach to life is inadequate; the complexity and the paradoxical nature of life requires to take a dialectic both-end approach towards life.
- 5) It is necessary for people to have the courage to accept life as it is.
- 6) Most of our daily stress comes from interactions with other people. PP 2.0 calls for developing new ways of relating based on empathy, compassion, and genuineness.

Seven important paradoxical truths from existential positive psychology (PP2.0):

- 1) You need to go through suffering in order to discover the truth of how to flourish.
- 2) Your signature strength can become your fatal weakness.
- 3) The greatest insight of happiness is that one must embrace sadness first.
- 4) You need to let go what you love most in order to gain it.



The words of truth
are always paradoxical.
- Lao Tzu

Seven important paradoxical truths from existential positive psychology (PP2.0):

- 5) You will never experience true love without your willingness to sacrifice everything for the beloved.
- 6) You do not know your meaning in life, until you find something worth dying for.
- 7) True greatness comes to those who suffering and toil in obscurity for the greater good.



The words of truth
are always paradoxical.

- Lao Tzu

Hour 2, Part 1:

Meaning Therapy Intervention strategies

1. Cultivating 3 mental disciplines
2. Dialectical dual-systems
3. Meaning-management (meaning-seeking & making etc.)
4. Cultivating inner resources
5. Clarifying world views
6. Cultivating courage to accept limitations & paradoxes
7. The PURE strategy
8. The ABCDE strategy
9. Tragic optimism
10. 2. Double-vision

Logotherapy techniques

Therapist – helps to find meaning.

Three main techniques:

- I. Dereflection
- II. Paradoxical intention
- III. Socratic dialogue.

THREE MENTAL DISCIPLINES FOR HEALING AND FLOURISHING



- **Mindfulness allows us to see things as they really are.**
- **Meaning mindset allows us to see the real meaning in each situation**
- **Dialectic thinking allows us to see the opposite of everything**



*We do not see things
as they are...*

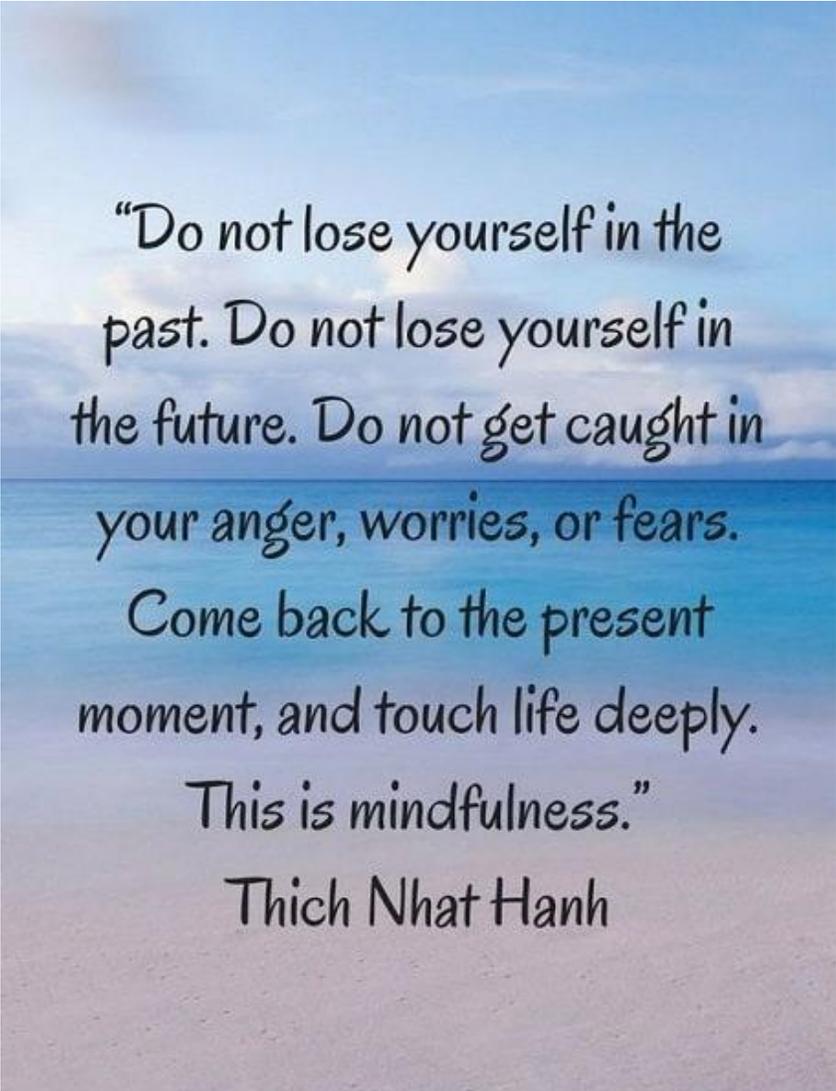
*We see things
as we are...*

Anais Nin

me.mind.manifest

2. The three mental disciplines – mindfulness, meaningfulness and dialectics

- **We don't see the world as it really is; we only see our own projections, expectations, and needs**
- **We often project our own feelings (anger or love) to others**
- **An anxious and insecure person would see a dangerous world**



*“Do not lose yourself in the
past. Do not lose yourself in
the future. Do not get caught in
your anger, worries, or fears.*

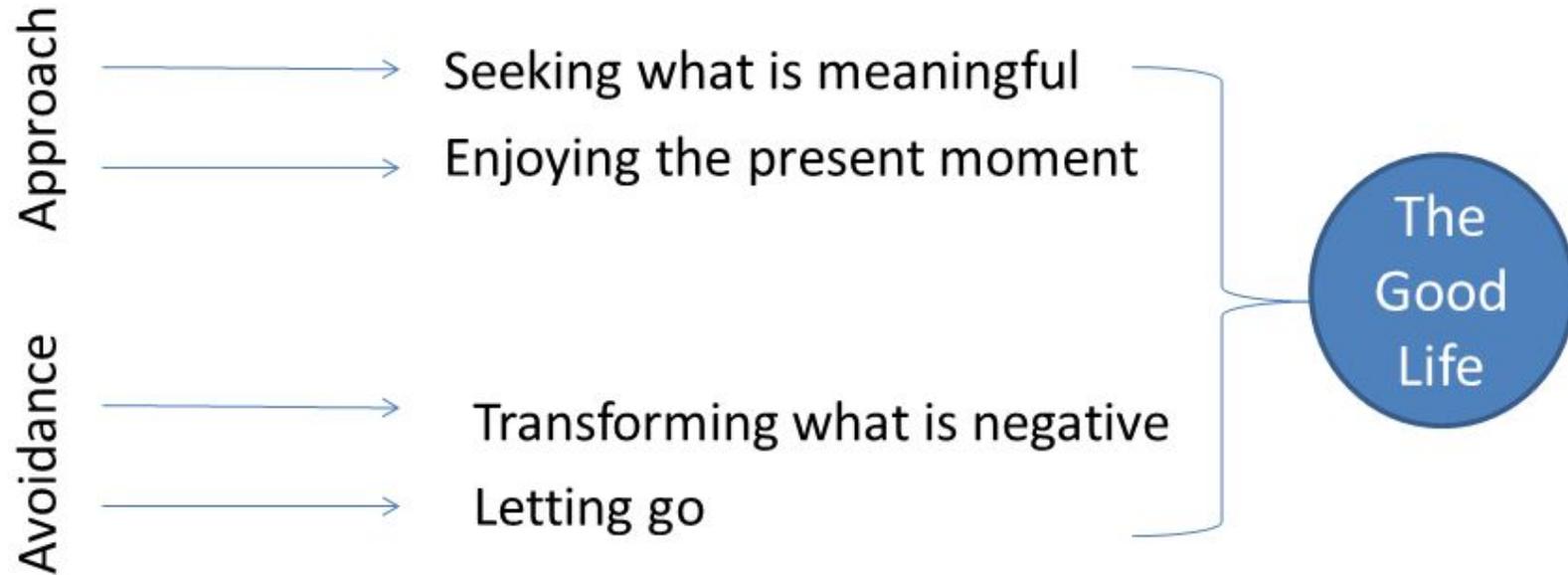
*Come back to the present
moment, and touch life deeply.*

This is mindfulness.”

Thich Nhat Hanh

- **According to Dr. Paul Wong, there are five components of mindfulness**
 - **O.C.E.A.N – Openness, Compassion, Empathy, Acceptance and non-judgement**

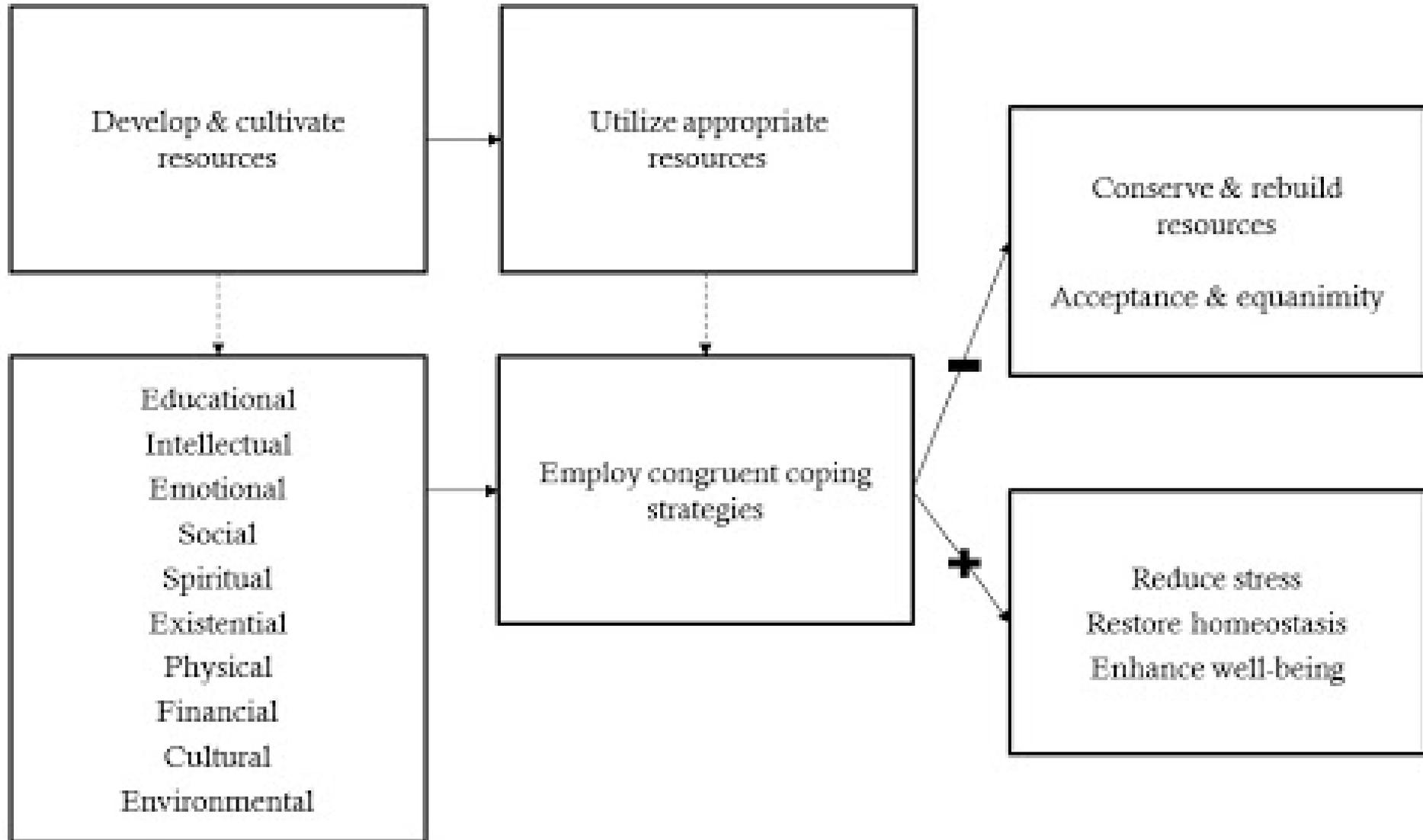
Face reality with a dual system.



PROACTIVE COPING

REACTIVE COPING

PROTECTIVE COPING



Paradoxes of Human Existence

	Existential Therapy (van Deruzen & Adams)	Existential Positive Psychology (Wong & Cowden)
The Physical World		
Challenge	Death and pain.	How to keep safe and healthy in a world full of dangers and obstacles, but also full of overcoming and opportunities.
Gain	Life to the full.	Accept my finitude and transcend hardships in order to enjoy a full life.
Loss	Unlived life or constant fear.	Indulge in egotistical desires in the short-term but fail to meet body's need for safety and wellbeing in the long-term.
The Social World		
Challenge	Loneliness and rejection.	How to get along with other people and build meaningful relationships in spite of unavoidable misunderstandings and conflicts.
Gain	Understand and be understood.	Maintain harmonious relationships by remaining true to the self and transcending personal differences with empathy, compassion, and self-sacrifice.
Loss	Bullying or being bullied.	Treat people as instruments for my happiness/success and live a disconnected life filled with tension and conflict.
The Psychological World		
Challenge	Weakness and failure.	How to develop and realize my full potential in spite of internal/external constraints.
Gain	Strength and stamina.	Accept/transcend my limitations and actualize my potentials.
Loss	Narcissism or self destruction.	Deny/ignore personal limitations and fall prey to misguided ambitions.
The Spiritual World		
Challenge	Meaninglessness and futility.	Recognize that my life is both a tiny part of a vast universe and an important part of something infinitely greater.
Gain	Finding an ethics to live by.	Become connected with my true self, others, and some divine, transcendental force.
Loss	Fanaticism or apathy.	Sell my soul for worldly happiness and success, and live a wasted, lonely life without knowing my true self and life purpose.

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Types of meaning in life.

- 1) Intrinsic meaning of being and becoming.
- 2) Existential meaning of understanding the self and life.
- 3) Relational meaning of belonging.
- 4) Appreciative meaning of gratitude towards everything.
- 5) Moral meaning of doing the right thing.
- 6) Spiritual meaning of believing in a higher power.
- 7) Purposeful meaning of seeking self-transcendence.

Meaning Interventions

- Different ways of helping clients affirm the intrinsic meaning and value of life
 - **Relationships:** Ask clients about who they matter to most (e.g., their children, parents)
 - **Singularity:** Emphasize that they are singular and capable of making a unique contribution
 - **Growth:** Help them realize that everyone has the potential to learn and grow
 - **Spirituality:** Explore how they can access and cultivate their spirituality

Towards a General Theory of Global Wellbeing



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Through levels of processing, at the deepest level, all disciplines reach the same conclusion. Through the dialectical process of self-transcendence, at the highest level, all people can reach the same awe-inspiring mystery. Through selfless sacrifice, we can serve the greatest number of people. Through holistic integrative research, we can best approximate the ultimate truth of wellbeing.

Searching for Meaning: Three Types

A. NEGATIVELY ORIENTED SEARCH FOR MEANING

1. AUTOMATIC SEARCH: FOR MEANING DUE TO NEGATIVE OUTCOMES (ATTRIBUTION SEARCH FOR CAUSE AND PURPOSE).
 2. REFLECTIVE SEARCH: FOR MEANING OF ONE'S AUTOMATIC THOUGHTS AND FOR PROBLEM SOLUTION.
-

B. POSITIVELY ORIENTED SEARCH FOR MEANING

1. AUTOMATIC SEARCH: FOR SOMETHING ONE NATURALLY WANTS OR LIKES.
 2. REFLECTIVE SEARCH: FOR SOMETHING THAT REALLY MATTERS.
-

C. ALL PURPOSE SEARCH FOR MEANING

1. AUTOMATIC APPRAISAL OF A SITUATION.
2. REFLECTIVE RE-APPRAISAL OF A SITUATION.

DIFFERENT TYPES OF MEANING MAKING OR MEANING CONSTRUCTION

Make
M.e.a.n.i.n.g

A. MEANING MAKING TO INCREASE UNDERSTANDING

1. MAKING SENSE BY CONSTRUCTING A NARRATIVE.
 2. REDUCING STRESS BY RECONSTRUCTING ONE'S GLOBAL BELIEF OR ONE'S SITUATIONAL NARRATIVE.
 3. CONSTRUCTING ONE'S GLOBAL BELIEFS BY MAPPING THE MEANING OF THE WORLD AND OTHER PEOPLE IN TERMS OF PERSONAL SAFETY AND DEVELOPMENT.
 4. CONSTRUCTING ONE'S LIFE STORY.
-

B. MEANING MAKING TO INCREASE SENSE OF PURPOSE AND SIGNIFICANCE

1. DISCOVERING ONE'S LIFE PURPOSE.
2. DEFINING ONE'S SPECIFIC GOALS.
3. ASSESSING WHAT THE WORLD OR SITUATION DEMANDS OF US.
4. RE-AUTHORING ONE'S LIFE STORY.

FOUR-COMPONENT SOLUTION TO THE QUESTION OF MEANING IN LIFE

P

You need to choose a worthy **purpose** or a significant life goal.

U

You need to have sufficient **understanding** of who you are, what life demands of you, and how you can play a significant role in life.

R

You and you alone are **responsible** for deciding what kind of life you want to live, and what constitutes a significant and worthwhile life goal.

E

You will **enjoy** a deep sense of significance and satisfaction only when you have exercised your responsibility for self-determination and actively pursue a worthy life-goal.

THE NATURAL LAWS OF RESPONSIBILITY:

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I) THE LAW OF CAUSE AND EFFECT –

YOUR EVERY ACTION OR DECISION HAS CONSEQUENCES



II) THE LAW OF KARMA –

YOU REAP WHAT YOU SOW, BOTH GOOD AND BAD.



III) THE LAW OF EFFORT –

YOUR PRODUCTIVITY DEPENDS ON YOUR EFFORTS.



IV) THE LAW OF HABIT –

YOU ARE WHAT YOU DO REPEATEDLY, EITHER RESULTING
IN SUCCESS OR FAILURE.

Natural Law

WORKING DEFINITION

UNIVERSAL, NON-MAN-MADE, BINDING AND IMMUTABLE CONDITIONS THAT GOVERNS THE CONSEQUENCE OF BEHAVIOR. NATURAL LAW IS A BODY OF UNIVERSAL SPIRITUAL LAWS WHICH ACT AS THE GOVERNING DYNAMICS OF CONSCIOUSNESS.

Responsibility

ACCORDING THE VIKTOR FRANKL, THE FULL MEANING OF RESPONSIBILITY OR RESPONSIBLENESS INCLUDES:

- 1) MAKING RESPONSIBLE USE OF THE FREEDOM BETWEEN STIMULUS AND RESPONSE IN CHOOSING THE RIGHT RESPONSE.
- 2) CHOOSING THE RIGHT CORE VALUE/ OR WHAT REALLY MATTERS AMONG COMPETING VALUES
- 3) CHOOSING THE THE RIGHT CAREER PATH THAT IS BOTH SIGNIFICANT AND AUTHENTIC
- 4) CHOOSING THE CORE BELIEF THAT LIFE HAS INTRINSIC MEANING AND VALUE, NO MATTER WHAT.
- 5) CHOOSING THE RIGHT INTERPRETATION REGARDING THE TRUE MEANING OF ANY SITUATION,
- 6) STANDING UP FOR WHAT IS RIGHT WITH THE DEFIANT POWER OF THE HUMAN SPIRIT.
- 7) TREATING OTHERS WITH INTEGRITY, KINDNESS AND ETHICAL CONSIDERATIONS.
- 8) ASSUMING RESPONSIBILITY FOR ONE'S FAMILY, FRIENDS, SOCIETY AND PLANET EARTH.
- 9) FEELING ACCOUNTABLE TO GOD, NATURE, HIGHER POWER OR SOCIETY FOR HOW ONE SPENDS ONE'S LIFE.
- 10) VIEWING ONE'S LIFE AS A WHOLE WITHOUT ANY MAJOR REGRETS.

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"Freedom is in danger of degenerating into mere arbitrariness unless it is lived in terms of responsibility." – Viktor E. Frankl

The Responsibility Checklist by Dr. Paul T. P. Wong

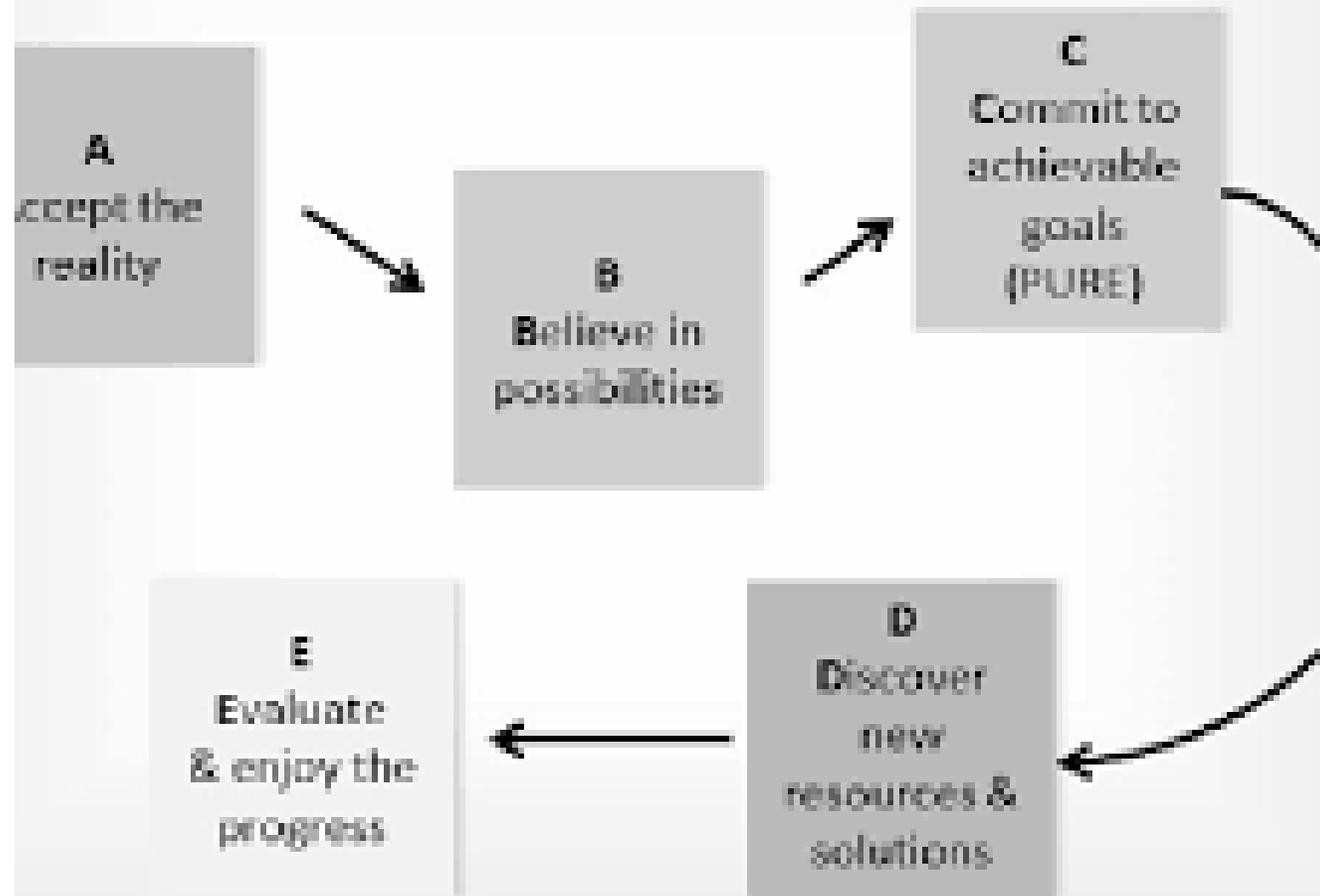
Responsibility means having to deal with something within one's control; it also means a moral/legal obligation or duty. One is always held accountable for one's action to the extent one has instrumental and ethical responsibility.

In all cultures, responsibility is ranked as one of the most important virtues. The key to one's happiness and success is **taking responsibility for one's life**. Which of the following statements are characteristic of you?

Answer **Yes** or **No** honestly, if you really want to improve yourself.

1. Do you make the best use of your time doing productive things? Y / N
2. Do you plan for your future and strive daily to achieve your life goal? Y / N
3. Are you conscientious in whatever you do, big or small? Y / N
4. Do you always get things done as promised rather than making excuses? Y / N
5. Do you take responsibility for interpersonal conflicts rather than blaming the other person? Y / N
6. Do you find ways to get things done even without the necessary resources and help? Y / N
7. Do you overcome obstacles rather than giving up in despair? Y / N
8. Do you pamper yourself and give yourself justification for not working hard? Y / N
9. Do you feel responsible for your "neighbours"? Y / N
10. Do you take responsibility for your own happiness and wellbeing? Y / N
11. Are you responsible for your decisions to difficult circumstances? Y / N
12. Do you take responsibility for doing the right thing no matter what? Y / N
13. Do you have the self-discipline to improve yourself each day? Y / N
14. Do you take responsibility for what you said rather than denying it? Y / N
15. Are you willing to confront your own Shadow and identify your blind spots? Y / N

The Pathway of Resilience



Elements of Tragic Optimism

- Acceptance of the worst.
- Affirmation of the value and meaning of life.
- Self-transcendence (altruism).
- Faith in God and others.
- Courage to face adversity.

How to do relaxation exercise?

- When you feel overwhelmed, stop for a moment, take a few deep breaths and exhale slowly through the mouth. Name the emotion you are experiencing.**
- Control your breathing for a short while. Do deep belly breathing for five breaths. Put your hands on your belly and feel how it expands as you breathe in.**
- Inhale (count 4) – Hold it (count 7) – Exhale (count 8).**
- Multiple short mindful moments per day trains your brain to become more mindful even when you don't try to be mindful.**

Flexibility training based on dialectical thinking:

- **From dichotomic, to dialectical thinking**
- **From black and white thinking, to different shades of gray**
- **From hostility to new ideas, to consideration with an open mind**
- **From absolute judgement, to the possibility to the opposite**

4. The Iron Triangle – The “Guardian Angels” of human nature for resilience

Life is hard and unpredictable. Therefore, we all need to:

- a) fortify ourselves with the courage to face whatever hardships or misfortunes that come our way**
- b) accept whatever cannot be avoided or changed, and**
- c) tap into our meaning-making capacity to transform negatives into positives.**

IRON TRIANGLE

to deal with the
TERRORS OF LIFE

COURAGE
*to face the
dark side of life*

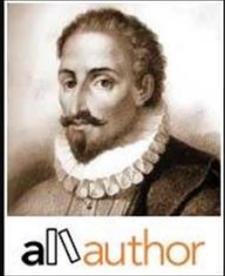
ACCEPT
*what cannot be
avoided or changed*

TRANSFORM
*suffering into strength
through meaning*

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Healing and thriving are possible for people who practice three simple principles:

- a) Summoning up the **courage** to confront all their fears, face the problems before them, and admit their own brokenness,
- b) **Accepting** the reality that life is full of suffering and injustice, that life is fragile and short, and
- c) **Transforming** all the negatives into positives through their natural capacities of meaning-seeking and meaning-making.



Forewarned, forearmed; to be prepared is half the victory.

-Miguel De Cervantes

- **We need to remember Scott Peck's warning that most disorders result from trying to avoid suffering and painful emotions. We would be better off if we face life with the defiant power of the human spirit, accept the fact that life is full of suffering, and learn to transform defeat into victory, sorrow into joy (Wong, 2019c).**

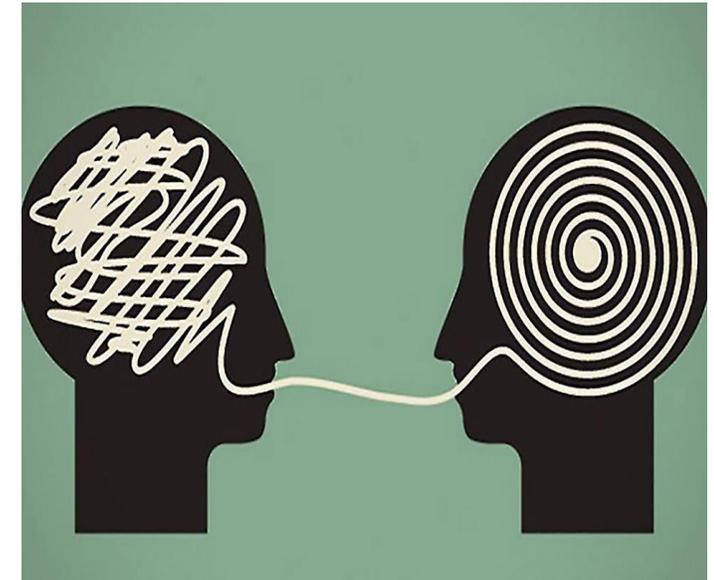
Hour 2 Part 2

MT Case conceptualization, treatment plan, MT skills & case study



Case conceptualization in Meaning Therapy

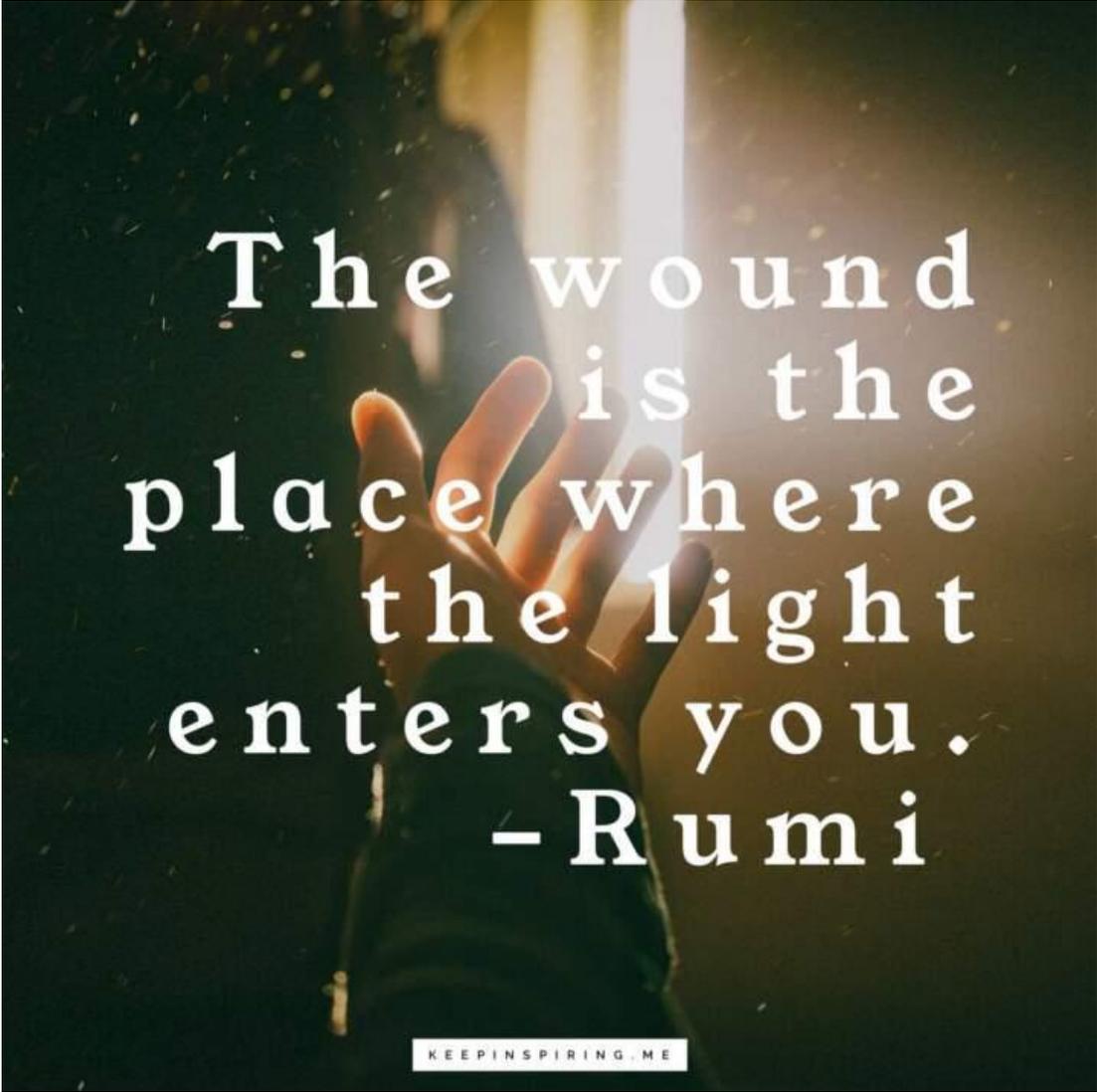
- 1. Believe that clients are human beings wounded by life but have the capacity for healing and thriving.**
- 2. They are confused and overwhelmed with a tangled web of painful memories, fears, and conflicting thoughts and problems.**
- 3. They have lost their way, lost their hopes, and don't know how to move forward.**
- 4. Assess their needs & difficulties in Golden & Iron triangles.**
- 5. Assess their responsibility and ability to adapt to reality.**
- 6. DSM-5 is not discussed unless requested by the client, because labelling can be damaging. (Avoid stigma)**



TREATMENT PLAN TEMPLATE

- Patient information
- Diagnostic summary
- Problems and goals
- Signatures

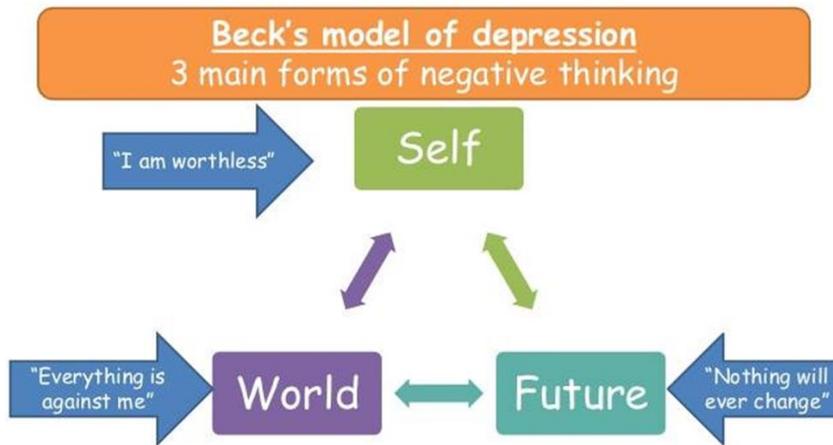
- **Meaning Therapy treatment plan & objectives:**
 - Increase their sense of personal **responsibility**
 - Learn **how to look at life** through mental disciplines
 - Learn **how to cope with life** with flexible skills
 - Deepen their self understanding through **confronting one's own shadow** with courage
 - Learn how to discover a **purpose** and **build a better future.**

A hand is shown reaching upwards towards a bright light source, possibly a window. The background is dark, and there are many small, glowing particles (dust or pollen) suspended in the air, creating a hazy, ethereal atmosphere. The text is overlaid on this scene.

The wound
is the
place where
the light
enters you.
- Rumi

- **Meaning-focused coping: Reappraisal, Re-authoring, Placing personal story in the context of meta-narrative, Integrating a negative incident with a positive overall story.**
- **Meaning therapy seeks to transform vulnerabilities into strengths. MT identifies some **positive biases** as vulnerabilities. For example, the belief that the world is a safe place or life should be full of happiness may leave one unprepared for the harsh reality.**

Negative Triad



Negative core beliefs or worldviews:

- Meaning therapy transform these negative thoughts.
- My life is not worthless because I was made in God's image; I was born for a special purpose to make a unique contribution to this world.
- Even though most people are against me in this world, I am glad that I still have valuable friends.
- I don't know what my future holds, but I am confident that I can create a better future.

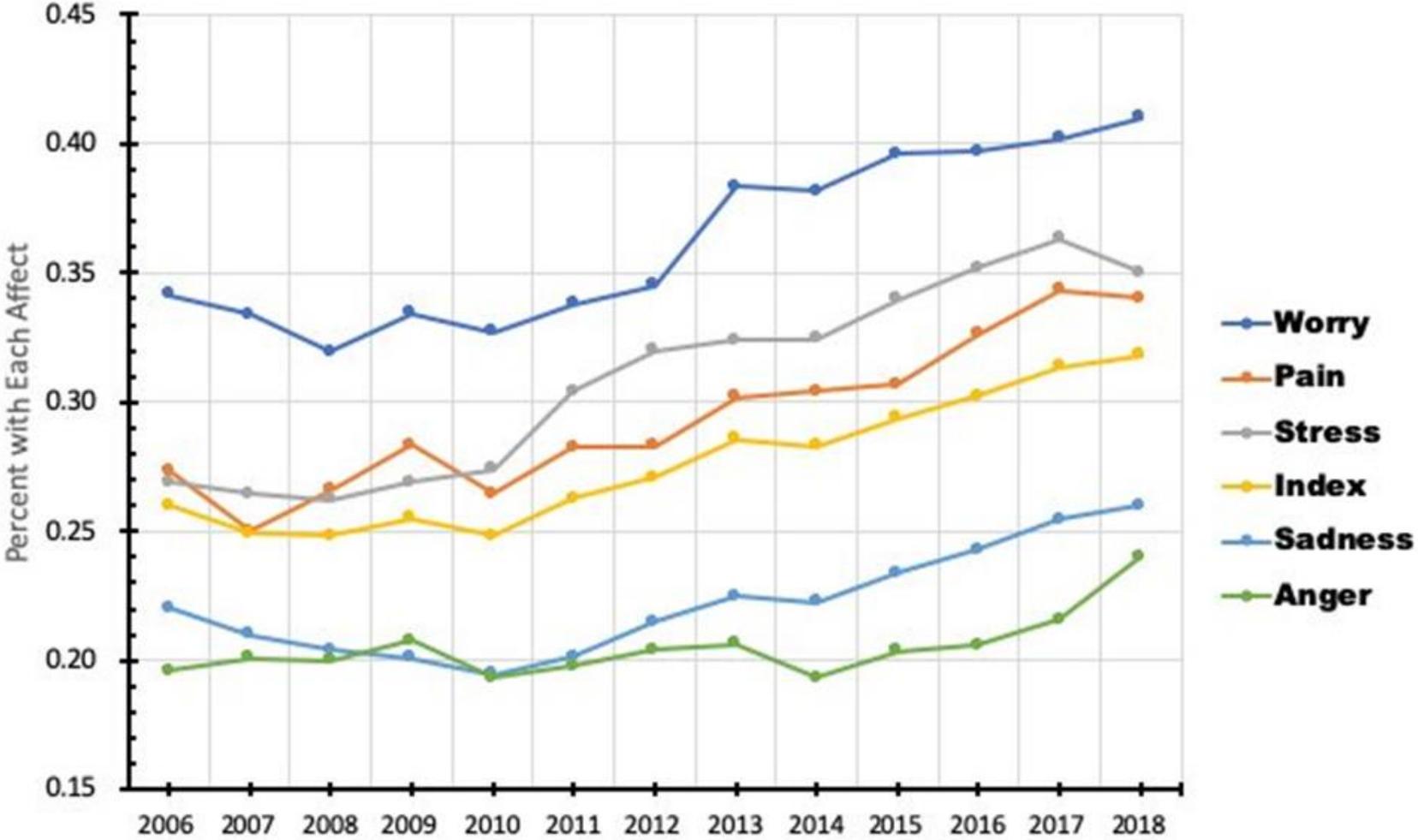
EMOTIONS ARE WORLDWIDE

Emotions

feelings or thoughts that arise spontaneously instead of conscious thought



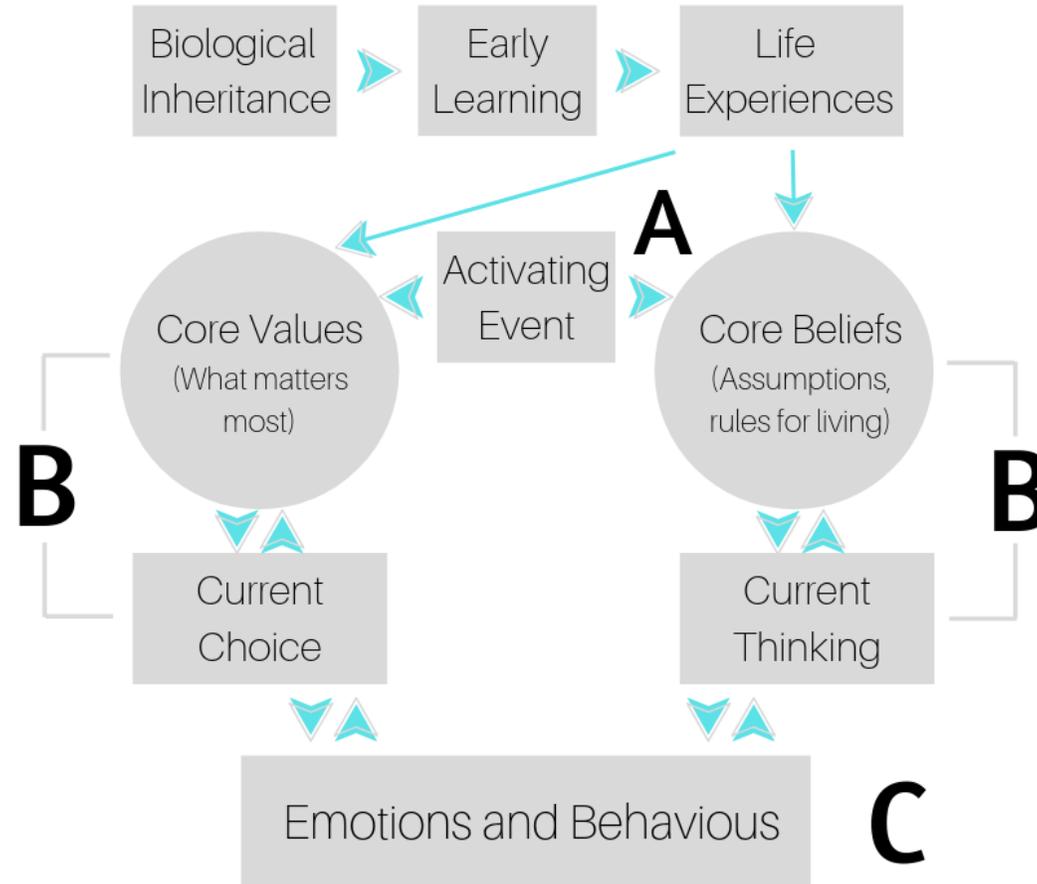
Rising Negative Affect in All Countries (Gallup)



Testing automatic thoughts and feelings:

- Dig deeper with **Why** questions to encourage self-reflection and rational thinking.
- We need to test the meaning of our automatic thoughts and emotions by asking:
- What triggers it?
- Is it really true? What could possibly happen, if it were true or untrue?
- **What does it mean to you? What purpose does it serve? How does it hinder you?**
- Why do you think or feel this way? Where does it come from?
- What are the alternative better ways of looking at the situation?

Wong's Meaning Therapy Model



◆ Dr. Paul T. P. Wong

Wong's Meaning Therapy 2-Factor Model of Suicide

