

How To Be An Existentialist

Embracing the Absurd: A Guide to Navigating Existentialism

Existentialism, a philosophical movement emphasizing individual freedom, responsibility, and the search for meaning in a seemingly meaningless universe, continues to resonate with contemporary audiences. This delves into the core tenets of existentialism, exploring how individuals can actively engage with the philosophical framework to cultivate a more authentic and meaningful life. It moves beyond the often-misunderstood concept of "meaninglessness" to explore how the acceptance of this very lack can lead to profound self-discovery and personal growth.

The Absurd: A Fundamental Foundation

Existentialism centers on the "absurd," a concept coined by Albert Camus. The absurd, in this context, isn't a negative state but rather the inherent tension between humanity's yearning for meaning and the perceived lack of inherent meaning in the universe. This recognition, rather than leading to despair, can act as a catalyst for action. Camus argued that embracing the absurd requires recognizing the limitations of reason and engaging with the world with passionate intensity. This doesn't imply nihilism, but rather a

willingness to create meaning in the face of inherent uncertainty. (Insert a visual aid here – a simple diagram illustrating the tension between human desire for meaning and the apparent meaninglessness of the universe, perhaps using a concept map or a stylized Venn diagram)

Freedom and Responsibility: The Core Pillars

Existentialists believe that human beings are fundamentally free. This freedom, however, is inextricably linked to responsibility. We are free to choose our values, beliefs, and actions, but with this freedom comes the burden of responsibility for the consequences of those choices. Jean-Paul Sartre famously declared, "existence precedes essence." This means that humans are born into the world without a preordained purpose. They must create their own essence, define themselves through their actions, and construct their own meaning.

Authenticity: Living in Accordance with Oneself

A key aspect of existentialism is authenticity. This involves living in accordance with one's own values and beliefs rather than conforming to societal expectations or external pressures. This often involves confronting one's fears and acknowledging one's limitations. Authentic living necessitates courage, self-awareness, and a willingness to embrace uncertainty.

Finding Meaning in the Face of Absurdity

Existentialists do not deny the presence of suffering or the difficulties inherent in life. However, they suggest that the absence of preordained meaning allows for the creation of personal meaning through engagement with the world, experiences, and relationships. This proactive search for meaning often involves:

- *Embracing the present moment*: Focusing on the present allows for a richer engagement with reality, free from the anxieties of the past or future.
- *Cultivating meaningful relationships*: Deep connections with others can offer a source of comfort, support, and shared meaning.
- Creating personal values: Identifying and embracing a set of values guides actions and gives purpose to life.
- Engaging in meaningful work: Finding satisfaction in one's work, however mundane, can offer a sense of belonging and accomplishment.

(Insert a data visualization here – perhaps a graph illustrating the correlation between reported happiness and engagement in meaningful activities based on survey data.)

Existential Psychotherapy and its Implications

Existential psychology, a branch of psychotherapy grounded in existentialist philosophy, helps individuals grapple with the challenges of meaning-making. It emphasizes:

- *Self-awareness*: Understanding one's strengths, weaknesses, and values.
- **Responsibility**: Taking ownership of choices and actions.
- **Freedom**: Recognizing the capacity for change and personal growth.
- **Meaning-finding**: Exploring ways to create meaning in a seemingly meaningless world.

Navigating Common Concerns

Existentialism might appear daunting to those unfamiliar with it. Some common concerns include:

- **Fear of meaninglessness:** The recognition of the lack of inherent meaning can be unsettling. However, this can be reframed as a space for individual creation and exploration.
- **Feelings of isolation:** The focus on individual responsibility can sometimes feel isolating. Existential communities and supportive relationships can combat this.
- **Overwhelming responsibility:** The burden of creating one's own meaning can feel too heavy. The emphasis is not on perfection but on the journey itself.

Practical Applications

How can one practically embody existentialist principles in daily life?

Mindfulness and Presence

Practicing mindfulness encourages a deeper appreciation for the present moment, a cornerstone of existential engagement.

Self-Reflection and Journaling

Regular self-reflection through journaling can reveal patterns, values, and motivations, leading to greater authenticity.

Engaging in Meaningful Experiences

Actively seeking out and participating in experiences that resonate with personal values promotes a sense of purpose.

Challenging Preconceived Notions

A willingness to question deeply held beliefs and assumptions fosters personal growth.

Conclusion

Existentialism offers a powerful framework for understanding the human condition and navigating life's complexities. By embracing the absurd, recognizing freedom and responsibility, striving for authenticity, and engaging in the active creation of personal meaning, individuals can cultivate a richer, more meaningful, and ultimately more fulfilling life.

Advanced FAQs

1. **How does existentialism differ from nihilism?** Nihilism asserts that life is inherently meaningless, advocating for a passive approach. Existentialism recognizes the lack of preordained meaning but emphasizes the possibility of creating personal meaning through action and choice.
2. *Can existentialism be reconciled with religious belief?* Yes, some existentialists integrate their philosophy with religious faith. Faith can be seen as a powerful way to construct meaning within the context of an uncertain world.
3. **How can existentialism inform ethical decision-making?** Existential ethics emphasizes individual responsibility and the need to choose values and act according to them. Ethical dilemmas are approached by exploring the implications of various choices rather than relying on pre-established moral codes.
4. **What is the role of emotion in an existentialist framework?** Existentialism recognizes the validity and importance of emotion. Emotions are not simply impediments but integral to human experience and can guide our

understanding of self and the world. 5. *How can existentialism be applied to contemporary societal challenges?* By prioritizing individual freedom and responsibility, existentialism can inform approaches to social justice, political engagement, and navigating complex global issues. It emphasizes the role of individual agency in shaping societal change. **References** (Insert a comprehensive list of academic journal s, books, and relevant texts here. Include at least 5 academic sources.) This outline provides a framework for a comprehensive . You need to fill in the bracketed sections with specific details, visual aids, data, and detailed analysis to create a well-researched piece. Remember to cite sources appropriately throughout the text.

How to Be an Existentialist: Embracing Freedom, Responsibility, and the Meaning of Life

Have you ever stared up at the stars and felt a profound sense of both awe and insignificance? Or perhaps you've grappled with the sheer weight of your choices, wondering what it all truly means? If so, you might find yourself naturally drawn to the philosophical currents of existentialism. It's not a rigid dogma or a set of rules to follow, but rather a way of approaching life, a lens through which to view your existence. So, how does one **become** an existentialist? It's less about adopting a label and more about cultivating a certain mindset. At its core, existentialism is about the individual and their subjective experience of the world. It emphasizes freedom, responsibility, and the radical idea that we create our own meaning

in a universe that, by itself, is meaningless. It's a philosophy that can be both liberating and daunting, challenging us to confront our deepest anxieties and embrace our unique place in the cosmos.

Understanding the Core Tenets of Existentialism

Before diving into the "how-to," it's crucial to grasp the fundamental ideas that underpin this thought-provoking philosophy. Think of these as the bedrock upon which an existentialist outlook is built.

Existence Precedes Essence

This is arguably the most famous and foundational concept of existentialism. Unlike manufactured objects that are designed with a purpose (their essence) before they are created (their existence), humans are born into the world without a pre-determined nature or purpose. We simply **exist**. It is through our choices and actions that we define who we are, our "essence." We are not born with inherent traits that dictate our destiny; we become what we make of ourselves. This radical freedom can be a source of both profound joy and immense anxiety.

Freedom and Radical Choice

Because there's no pre-ordained path or inherent nature, we are fundamentally free. This freedom isn't just about choosing what to eat for breakfast; it's about the freedom to define our values, our beliefs, and our very identity. However, this freedom comes with a heavy burden: responsibility. Every choice we make, no matter how small, contributes to shaping our essence and, in a broader sense, the essence of humanity itself. This concept is explored in depth by philosophers like Jean-Paul Sartre.

Anguish, Forlornness, and Despair

These aren't necessarily negative emotions to be avoided, but rather fundamental aspects of the human condition as viewed by existentialists. * **Anguish:** This arises from the awareness of our total freedom and the vast responsibility that comes with it. Every choice we make has consequences, not just for ourselves, but potentially for all of humanity, as we are setting examples. *

Forlornness: This stems from the realization that there is no God or higher power to provide universal moral guidelines. We are "condemned to be free," meaning we must create our own moral compass without external validation. *

Despair: This is the recognition that we can only rely on ourselves and our own actions to bring about change or achieve our goals. We cannot count on external forces or others to fulfill our desires or solve our problems.

Authenticity vs. Bad Faith

Living authentically means embracing your freedom and responsibility, making choices that align with your own values, and living a life that is true to yourself. "Bad faith," a term popularized by Sartre, is the opposite. It's the act of deceiving yourself by pretending you are not free, by blaming external circumstances or other people for your choices, or by conforming to societal expectations without genuine conviction. It's an attempt to escape the burden of freedom.

Steps to Cultivating an Existentialist Mindset

So, how do you actively incorporate these ideas into your life? It's an ongoing process of introspection, observation, and courageous action.

1. Embrace Your Freedom and Responsibility

This is the cornerstone. Start by acknowledging that you are the author of your own life. Stop making excuses. Instead of saying, "I have to do this," reframe it as, "I choose to do this." This simple shift in perspective can be incredibly empowering. Recognize that even inaction is a choice with consequences. Reflect on your choices regularly. Ask yourself: "Why did I make this decision? What are the implications? Am I acting in accordance with my own values, or am I succumbing to external pressures?"

2. Confront the Absurdity of Existence

The universe, from an existentialist viewpoint, is inherently meaningless. There's no cosmic plan or grand design for you. This can be a difficult pill to swallow, but it's also incredibly freeing. If there's no pre-determined purpose, then the pressure to fulfill some external expectation is lifted. You are free to define what is meaningful **to you**. This is the "absurd" that Albert Camus explored – the conflict between humanity's search for meaning and the universe's silent indifference. Instead of succumbing to nihilism, existentialists strive to create meaning in the face of this absurdity.

3. Practice Authenticity in Your Daily Life

This is an ongoing practice, not a destination. It means being honest with yourself about your desires, your fears, and your limitations. It involves making choices that feel true to your inner self, even if they are unpopular or unconventional. *** Identify your values:** What truly matters to you? Is it integrity, creativity, compassion, knowledge? *** Align your actions with your values:** Are your daily decisions reflecting what you claim to hold dear? *** Challenge societal norms:** Are you conforming to expectations out of genuine belief or out of fear of judgment? *** Own your mistakes:** Instead of deflecting blame, acknowledge when you've erred and

learn from it.

4. Engage in Self-Reflection and Introspection

Existentialism is deeply personal. It requires you to look inward. Dedicate time for quiet contemplation. Journaling can be a powerful tool for exploring your thoughts and feelings. Ask yourself profound questions: * What are my deepest fears? * What brings me joy and fulfillment? * What kind of person do I want to be? * How am I contributing to the world around me? * What does it mean to live a meaningful life for *me*?

5. Actively Create Your Own Meaning

Since meaning isn't handed to you, you must actively construct it. This can be through your work, your relationships, your creative pursuits, your passions, or your commitment to causes you believe in. It's about finding purpose in your actions and dedicating yourself to something that resonates with your authentic self. It's about making commitments and seeing them through, thereby imbuing your life with significance.

6. Confront Your Fears and Anxieties

Existentialism doesn't shy away from the difficult aspects of life. It encourages you to face your fears – the fear of death, the fear of loneliness, the fear of making the wrong choice. By acknowledging these anxieties, you can begin to understand them and integrate them into your understanding of life. Viktor Frankl, a psychiatrist and Holocaust survivor, developed logotherapy, a form of psychotherapy that emphasizes finding meaning even in suffering, which aligns with existentialist principles.

7. Engage with the World and Others Authentically

While existentialism centers on the individual, it doesn't advocate

for isolation. Authentic relationships are crucial. This means engaging with others honestly and without pretense, recognizing their freedom and responsibility as well. It involves understanding that while you are an individual, you are also part of a larger human community, and your actions can impact others.

Existentialism in Practice: Everyday Examples

How does this philosophical approach translate into tangible actions?

Career Choices:

Instead of pursuing a high-paying job you dislike simply because it's expected, an existentialist might choose a career that aligns with their passions and values, even if it's less financially lucrative. They would see their work as a way to express themselves and contribute to the world in a way that feels meaningful. This involves taking responsibility for their career path and not blaming their employer or the economic climate for their dissatisfaction.

Relationships:

In relationships, an existentialist would strive for authenticity, being open and honest about their feelings and needs. They wouldn't stay in a relationship out of obligation or fear of being alone but would choose to be with someone because of a genuine connection and shared values. They would recognize the freedom of their partner and respect their choices, while also taking responsibility for their own contribution to the relationship.

Ethical Dilemmas:

When faced with a moral quandary, an existentialist wouldn't look for a pre-written rulebook. Instead, they would reflect on their core values, consider the potential consequences of each action, and make a choice that they believe is most authentic and responsible, even if it's difficult or unpopular. This often involves a deep consideration of the freedom and agency of all involved.

Navigating the Existential Landscape

Becoming an existentialist is not about subscribing to a particular ideology, but about embarking on a lifelong journey of self-discovery, freedom, and responsibility. It's about actively engaging with the profound questions of life, death, and meaning. It's about recognizing that while the universe may be indifferent, your life is anything but. It is yours to define, yours to imbue with purpose, and yours to live authentically. It's a path that demands courage, introspection, and a willingness to embrace the inherent uncertainties of existence. But for those who walk it, it offers the ultimate reward: the profound liberation of living a life that is truly your own. So, take a deep breath, look around, and begin to create. Your existence precedes your essence, and the canvas of your life is waiting for your brushstrokes. The journey of becoming an existentialist is the journey of becoming truly yourself.

Understanding Existentialism and Embracing Its Core Philosophy

Existentialism is not merely a school of thought confined to academic circles; it is a profound way of engaging with life's most

fundamental questions. At its heart, existentialism grapples with the human condition—our freedom, responsibility, isolation, and the search for meaning in a universe that offers no inherent purpose. To be an existentialist is to confront these realities directly, rejecting passive acceptance in favor of authentic self-creation. Rather than seeking predefined answers, existentialists embrace the idea that meaning is not discovered but constructed through choices, commitments, and lived experience. This perspective transforms everyday existence into an ongoing act of self-definition, where each decision reflects a deliberate stance in the face of life's ambiguity.

Key Insights: Freedom, Responsibility, and Authenticity

Central to existentialist thought is the recognition of radical personal freedom—an idea that can feel both liberating and daunting. Existentialists affirm that we are “condemned to be free,” meaning we cannot escape the burden of choice. Every action, every inaction, shapes who we are and who we become. Yet freedom without responsibility is hollow. Existentialism insists that with freedom comes accountability: we must own the consequences of our choices, embracing the weight of shaping our own identity. Authenticity emerges as a core ideal—living in alignment with one's true self rather than conforming to societal expectations or inherited roles. This requires courage, as authenticity often means standing apart, questioning norms, and resisting the comfort of pre-packaged identities. It's an ongoing dialogue between who we are and who we aspire to be.

Practical Applications: Living Existentially in Daily Life

Becoming an existentialist is not about adopting a rigid doctrine but cultivating a mindset that permeates daily decisions. Practicing existential awareness begins with mindful reflection—pausing to ask not just what to do, but why and for what reason. This introspection nurtures clarity, helping individuals distinguish between genuine desires and external pressures. Existential living also embraces uncertainty as a natural condition. Rather than fearing ambiguity, an existential approach sees it as fertile ground for growth, where freedom thrives. Engaging deeply with relationships, creativity, and personal projects becomes a form of meaning-making, each endeavor an expression of self. Even in adversity, existentialists find space to assert agency, transforming challenges into opportunities for self-definition and resilience.

Benefits: Freedom, Purpose, and Inner Strength

Adopting an existential outlook offers profound psychological and emotional rewards. By owning one's freedom, individuals gain a powerful sense of agency, reducing feelings of helplessness or alienation. This empowerment fosters purpose—not derived from external validation but rooted in personal conviction. In navigating life's uncertainties, existentialists often report greater inner strength, grounded in the understanding that meaning is actively shaped, not passively received. The emphasis on authenticity cultivates deeper authenticity in relationships and self-expression, enhancing well-being. Moreover, the courage to confront existential anxieties builds emotional resilience, enabling individuals to face life's inevitable hardships with integrity and composure.

Looking to the Future: Existentialism in a Changing World

As society evolves with rapid technological and cultural shifts, the existentialist emphasis on individual responsibility and meaning-making grows increasingly relevant. In an age where traditional sources of meaning—such as religion, community, or stable career paths—are often questioned, existentialism offers a framework for navigating uncertainty with intention. The rise of digital connectivity and global interdependence amplifies the need for authentic self-understanding and ethical choice. Looking ahead, existential principles are likely to inspire new approaches to education, mental health, and personal development, encouraging people to embrace self-awareness, creative agency, and mindful engagement. The future of existentialism lies not in dogma, but in its enduring capacity to guide individuals toward a life lived with purpose, courage, and profound authenticity.

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Environmental considerations also play a role in the shift toward digital learning. Digital books reduce the need for paper, printing, and physical transportation. While technology has its own environmental impact, distributing knowledge digitally often requires fewer resources than producing and shipping printed materials at scale. This makes digital access a more efficient option

for widespread knowledge sharing.

Another subtle but important benefit of digital access is organization. Files can be categorized, backed up, and retrieved instantly. Readers can build structured digital libraries that grow over time without clutter. Compared to managing physical books, digital organization reduces friction and helps learners focus on content rather than logistics.

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Questions & Answers About how to be an existentialist

No	Question	Answer
1	Is being an existentialist about wallowing in despair, or is there more to it?	Existentialism acknowledges the inherent challenges and absurdities of life, but it's fundamentally about freedom and responsibility. It's about confronting angst not to dwell in it, but to recognize our capacity to create meaning and live authentically despite it.
2	What are the core tenets of existentialism I should understand first?	Key tenets include: existence precedes essence (we are born without a predetermined purpose), radical freedom (we are condemned to be free), responsibility (we are responsible for our choices and the meaning we create), and authenticity (living in accordance with our freedom rather than conforming to external expectations).

3	How does one 'create meaning' in a world without inherent purpose?	Meaning isn't discovered, it's actively created through our choices, projects, relationships, and passions. It's about engaging with the world, making commitments, and living with intention, even when faced with uncertainty and the inevitability of death.
4	Is there a specific lifestyle or set of actions associated with being an existentialist?	There's no single existentialist lifestyle. It's more about an internal orientation: embracing freedom, taking responsibility for your choices, confronting anxiety, and striving for authenticity in whatever life you choose to build.
5	How can I cultivate a sense of authenticity in my own life?	Authenticity involves self-awareness, questioning societal norms, and making choices that align with your true values and desires, rather than those imposed by others. It requires courage to be yourself, even when it's difficult or unpopular.
6	What is the 'absurd' in existentialism, and how do I deal with it?	The absurd arises from the conflict between our innate human desire for meaning and the universe's silent indifference. Dealing with it involves acknowledging this tension without succumbing to nihilism. It's about embracing life's inherent lack of preordained purpose and finding joy and value in the present.
7	Does existentialism have a place for emotions like joy, love, or connection?	Absolutely. While existentialism confronts angst, it doesn't deny other human experiences. Authentic relationships, passionate pursuits, and moments of joy are all vital ways we create meaning and experience life fully. These experiences are even more poignant when recognized as chosen and created.

8	If we are radically free, does that mean our actions have no consequences?	Quite the opposite. Radical freedom comes with radical responsibility. Every choice we make has consequences, not only for ourselves but for how we define humanity through our actions. Existentialism emphasizes the weight and importance of these consequences.
9	Are there key existentialist thinkers I should read to understand this better?	Essential reading includes Jean-Paul Sartre ('Being and Nothingness,' 'Existentialism is a Humanism'), Albert Camus ('The Myth of Sisyphus,' 'The Stranger'), Simone de Beauvoir ('The Second Sex'), and Søren Kierkegaard ('Fear and Trembling').
10	How does existentialism differ from nihilism?	While both acknowledge a lack of inherent meaning, nihilism often leads to despair or apathy. Existentialism, on the other hand, uses this recognition as a starting point for personal freedom and the active creation of subjective meaning and value.

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Embracing the Abyss: A Comprehensive Guide on How to Be an Existentialist

In a world often characterized by its noise and distractions, the philosophy of existentialism offers a profound and sometimes unsettling path toward authentic living. Far from a nihilistic void, existentialism is a call to radical freedom and responsibility, an invitation to confront the fundamental questions of human existence head-on. But what does it truly mean to **be** an existentialist? It's not about wearing a black turtleneck or brooding in coffee shops (though those can be delightful accessories). It's a way of engaging with life, a conscious choice to define yourself in a universe devoid of inherent meaning.

This guide aims to demystify existentialism, providing a detailed, analytical, and actionable framework for anyone seeking to explore its tenets. We'll delve into the core concepts, explore the works of influential thinkers, and offer practical strategies for integrating existentialist principles into your daily life. If you're grappling with questions of purpose, freedom, or the anxiety of choice, you've come to the right place. Let's embark on this journey of self-discovery.

The Foundation: Understanding Existentialism's Core Tenets

Before we can learn "how to be an existentialist," we must first grasp the bedrock principles that define this philosophical movement. Unlike traditional philosophies that often seek universal truths or preordained destinies, existentialism places the individual at the center of their own universe, burdened and blessed with an astonishing degree of freedom.

Existence Precedes Essence

This is arguably the most famous and foundational tenet. Coined by Jean-Paul Sartre, it suggests that unlike manufactured objects (like a paperknife, for which the idea or "essence" comes before its creation), humans are born into existence without a predetermined purpose or nature. We are thrown into the world, and it is through our choices and actions that we create our own essence. This means we are not defined by our past, our biology, or societal expectations. We are what we **do**.

Freedom and Responsibility

If existence precedes essence, then we are radically free. This freedom, however, is not a license for hedonism; it's a profound burden. With every choice we make, we are not only defining ourselves but also, in a sense, creating a model for humanity. This leads to an immense sense of responsibility. We cannot blame external forces for our failures or shortcomings. The buck stops with us. This is the concept of "condemned to be free," a powerful paradox that underscores the weight of our autonomy.

Angst, Anguish, and Anxiety

The awareness of our absolute freedom and the immense responsibility that comes with it can be overwhelming. This is where existential angst, anguish, or anxiety comes into play. It's not the everyday nervousness; it's a deep-seated dread that arises from the recognition of our groundlessness, the absence of pre-existing values, and the inevitability of death. Embracing this anxiety, rather than fleeing from it, is crucial for authentic living.

The Absurd

Albert Camus, while sometimes distancing himself from the "existentialist" label, profoundly explored the concept of the absurd. The absurd arises from the conflict between humanity's innate search for meaning and the universe's silent indifference. We crave order, purpose, and rationality, but the universe offers none. Recognizing this absurdity is not an invitation to despair, but a call to rebellion and to create our own meaning in the face of this cosmic silence.

Authenticity vs. Bad Faith

Living authentically means confronting these existential truths and making choices that align with your self-created essence, embracing your freedom and responsibility. Conversely, "bad faith" (*mauvaise foi*), as Sartre described it, is the act of deceiving oneself about one's freedom. This can manifest as blaming circumstances, adhering blindly to societal norms, or denying the consequences of one's choices. It's a form of self-deception that allows us to avoid the discomfort of genuine responsibility.

Navigating the Existential Landscape: Practical Steps to Becoming an Existentialist

Understanding the concepts is one thing; living them is another. Becoming an existentialist is an ongoing practice, a conscious effort to engage with life in a more profound and self-directed manner. Here are practical steps to help you on your journey.

1. Embrace Your Freedom: Make Conscious Choices

The first step is to actively acknowledge and embrace your freedom. This means resisting the temptation to passively accept the status quo or to let others dictate your life.

1. **Identify areas of passive living:** Where are you letting circumstances or other people make decisions for you?
2. **Practice small acts of choice:** Start with minor decisions – what to wear, what to eat, how to spend your free time – and make them deliberate.
3. **Take ownership of your decisions:** When you make a choice, own it completely. Don't second-guess or blame external factors.

2. Confront Responsibility: Own Your Actions and Their Consequences

Freedom and responsibility are inextricably linked. True existentialism requires you to take full responsibility for your life, including its successes and failures.

1. **Avoid blame:** When things go wrong, resist the urge to blame others, your upbringing, or fate. Look for what **you** could have done differently.
2. **Reflect on your actions:** Regularly review your choices and

their outcomes. What did you learn? How can you do better next time?

3. **Embrace the consequences:** Understand that your actions have repercussions. Live with them and learn from them.

3. Confront Anxiety and Dread: Don't Run From the Abyss

Existential dread is not a sign of failure; it's a sign that you are engaging with reality. Instead of suppressing these feelings, learn to sit with them.

1. **Practice mindfulness:** Techniques like meditation can help you observe your thoughts and feelings without judgment, including anxiety.
2. **Journaling:** Writing down your anxieties and fears can help you process them and gain perspective.
3. **Engage with existential literature:** Reading works by existentialist philosophers can provide a framework for understanding and articulating these feelings.

4. Create Your Own Meaning: Become Your Own Architect

The universe may be indifferent, but your life doesn't have to be. The absence of inherent meaning is an invitation to create your own.

1. **Identify your values:** What is truly important to you? What principles do you want to live by?
2. **Set personal goals:** These should be goals that resonate with your deepest values, not those imposed by society.
3. **Engage in activities that bring you fulfillment:** Pursue passions, cultivate relationships, and contribute to something you believe in.

5. Cultivate Authenticity: Live True to Yourself

Authenticity is the cornerstone of existentialist living. It's about aligning your actions with your self-created essence.

1. **Know yourself:** Engage in self-reflection. Understand your motivations, desires, and fears.
2. **Resist societal pressures:** Be wary of conformity for conformity's sake. Question societal norms and expectations.
3. **Live in accordance with your values:** Ensure your actions reflect what you genuinely believe and value.

6. Embrace the Absurd: Find Joy in Rebellion

Recognizing the absurd is not about succumbing to despair, but about a courageous act of defiance.

1. **Accept the lack of inherent meaning:** Understand that the universe doesn't owe you purpose.
2. **Rebel against meaninglessness:** Create your own meaning and pursue it with passion, knowing that it is a human creation.
3. **Find joy in the present:** Camus famously suggested imagining Sisyphus happy, pushing his boulder. The joy lies in the struggle and the defiance itself.

Key Existentialist Thinkers and Their Contributions

To truly understand how to be an existentialist, engaging with the seminal works of its key proponents is invaluable. These thinkers grappled with the very questions that existentialism seeks to answer.

Jean-Paul Sartre (1905-1980)

Often considered the father of atheistic existentialism, Sartre's "Being and Nothingness" and "Existentialism is a Humanism" are foundational texts. His emphasis on "existence precedes essence" and "condemned to be free" remains central to the philosophy.

Albert Camus (1913-1960)

While he disavowed the label "existentialist," Camus's exploration of the absurd in works like "The Myth of Sisyphus" and "The Stranger" is deeply influential. He championed the idea of revolting against the absurd by embracing life's experiences.

Simone de Beauvoir (1908-1986)

A towering figure in feminist existentialism, de Beauvoir's "The Second Sex" applied existentialist principles to the oppression of women, arguing that "one is not born, but rather becomes, a woman." Her work highlights how societal constructs can impede individual freedom.

Søren Kierkegaard (1813-1855)

Often regarded as the "father of existentialism," Kierkegaard, a devout Christian, explored themes of individual faith, anxiety, and the subjective truth. His concept of the "leap of faith" is crucial for understanding existential commitment.

Martin Heidegger (1889-1976)

His seminal work, "Being and Time," delves into the nature of "Dasein" (human existence) and its relationship with time, death, and authenticity. Heidegger's complex philosophical system has deeply influenced subsequent existentialist thought.

Common Misconceptions About Existentialism

Existentialism is often misunderstood, leading to caricatures that miss its profound implications. Let's address some common myths.

Myth 1: Existentialism is about being depressed and nihilistic.

While existentialism acknowledges the darker aspects of the human condition, such as anxiety and the absence of inherent meaning, its ultimate aim is to empower individuals to create their own meaning and live authentically. It is a philosophy of courageous engagement, not passive despair.

Myth 2: Existentialism means there are no rules or morals.

Existentialists believe that individuals are responsible for creating their own moral frameworks. While there are no preordained moral laws, the choices we make have ethical implications, and we are responsible for the values we embody.

Myth 3: Existentialism is only for intellectuals or artists.

The core questions of existentialism – about freedom, purpose, and meaning – are universal. Anyone can engage with these ideas and apply them to their own life, regardless of their intellectual background.

Conclusion: The Existentialist as an Active Participant

To be an existentialist is not to adopt a passive worldview but to become an active, conscious participant in the creation of your own

life. It's about embracing the exhilarating terror of freedom, shouldering the weight of responsibility, and bravely facing the existential questions that define our humanity. It's a continuous process of self-discovery, of making choices, and of forging meaning in a world that offers no ready-made answers. By understanding its core tenets, engaging with its thinkers, and practicing its principles, you can embark on a profound journey toward a more authentic, self-determined existence. The abyss may be vast, but within it lies the boundless potential of your own self-creation.