

CRISIS? WHAT CRISIS?

Existential Crisis Reflection Checker

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WELCOME!

Thank you for taking the time to engage with this reflective tool. I'm Steven, a therapist in private practice helping people like you work through the very normal human experience of existential crisis.

My work focuses on the pursuit of identity, meaning, choice, belonging, and the questions that they tend to raise during period of uncertainty or life transitions. I work with people, who may appear outwardly 'high-functioning', yet find themselves inside questioning who they are, how they are living, or what truly matters to them.

Rather than offering quick fixes or prescriptive answers, my approach centres on slowing down, creating opportunities for reflection, and exploring lived experience with curiosity and honesty. I've created this reflective tool in that very same spirit.

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ABOUT THIS CHECKER

This free reflective tool is designed to support personal awareness and curiosity. It is NOT a diagnostic test, and it does not offer advice, treatment, or solutions. There are no right or wrong answers. The intention is simply to pause, notice and reflect.

HOW TO USE THIS CHECKER

- Read each statement or question slowly.
- Notice what resonates, what feels uncomfortable, and what feels familiar.
- You may wish to journal your responses, circle statements that stand out, or simply reflect quietly.
- Take breaks if needed.

SENSE OF SELF

*Consider the following statements and highlight the one(s) which most reflect you.
Why do you resonate most with that statement?*

- **I feel unsure about who I am beyond my roles (eg work, relationships, responsibilities).**
- **I experience a sense of being disconnected from myself.**
- **I often ask myself, "Is this really me?"**
- **My identity feels unclear or fragmented.**
- **I feel different depending on who I am with.**
- **I struggle to describe myself without referencing achievements or external labels.**

REFLECTION PROMPT

- When I think about who I am, what feels most unclear or unstable right now?

MEANING & PURPOSE

*Consider the following statements and highlight the one(s) which most reflect you.
Why do you resonate most with that statement?*

- **I question the purpose or meaning of my life.**
- **Things that once felt meaningful no longer do.**
- **I feel a sense of emptiness or lack of direction.**
- **I wonder whether my life is aligned with what truly matters to me.**
- **I feel pressure to find my purpose.**
- **I compare my sense of meaning with others around me and on social media.**

REFLECTION PROMPT

- What does the word 'meaning' evoke for me at this stage of my life?

CHOICE, FREEDOM & RESPONSIBILITY

*Consider the following statements and highlight the one(s) which most reflect you.
Why do you resonate most with that statement?*

- **I feel overwhelmed by the number of choices available to me.**
- **I worry about making the “wrong” decisions.**
- **I feel stuck between what I want and what is expected of me.**
- **I notice tension between freedom and responsibility in my life.**
- **I sometimes feel trapped by choice I've already made.**

REFLECTION PROMPT

● Where in my life do I feel most aware of choice right now?

ANXIETY, UNCERTAINTY & CHANGE

*Consider the following statements and highlight the one(s) which most reflect you.
Why do you resonate most with that statement?*

- **I feel uneasy when I think about the future.**
- **I experience anxiety that doesn't seem linked to a single cause.**
- **Periods of transition feel particularly destabilising for me.**
- **I find myself questioning everything during times of change.**
- **I struggle with no knowing what comes next.**

REFLECTION PROMPT

● How do I usually respond when things feel uncertain?

BELONGING & ISOLATION

*Consider the following statements and highlight the one(s) which most reflect you.
Why do you resonate most with that statement?*

- **I feel disconnected even when surrounded by others.**
- **I question where (or with whom) I truly belong.**
- **I feel misunderstood for unseen.**
- **I adapt myself in order to fit in.**
- **I experience loneliness that feels hard to articulate.**

REFLECTION PROMPT

● When do I feel most like myself in relation to others?

VALUES & AUTHENTICITY

*Consider the following statements and highlight the one(s) which most reflect you.
Why do you resonate most with that statement?*

- **I am unsure what my core values are.**
- **I feel tension between how I live and what feels true to me.**
- **I notice a gap between my inner experience and outward life.**
- **I question whether I am living authentically.**
- **I feel pressure to live in a certain way.**

REFLECTION PROMPT

- **What feels most authentic to me right now, even if it's hard to name?**

FINAL REFLECTION

Take a moment to consider the overall experience of completing this checker.

- Which sections stood out most?
- Were there any recurring themes?
- What emotions arose whilst reflecting?

*What feels most alive, unresolved, or demanding
attention in my life right now?*

TAKING IT FURTHER

You may choose to sit with these reflections privately, return to them over time, or use them as a starting point for deeper exploration. Some people find it helpful to bring reflections like these into therapy, using them as prompts for conversations rather than conclusions. They can offer a way of articulating experiences that may otherwise feel vague, confusing, or difficult to name.

If you are already working with a therapist, you might choose to share parts of this reflection that felt particularly significant or emotionally resonant. If you are not currently in therapy and are curious about exploring these themes with professional support, this kind of reflection can form a gentle starting point for that work.

I offer private existential therapy and work with people who are navigating questions of identity, meaning, belonging, and life direction. If you feel drawn to explore these reflections further in a therapeutic space, you are welcome to reach out.

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THANK YOU

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