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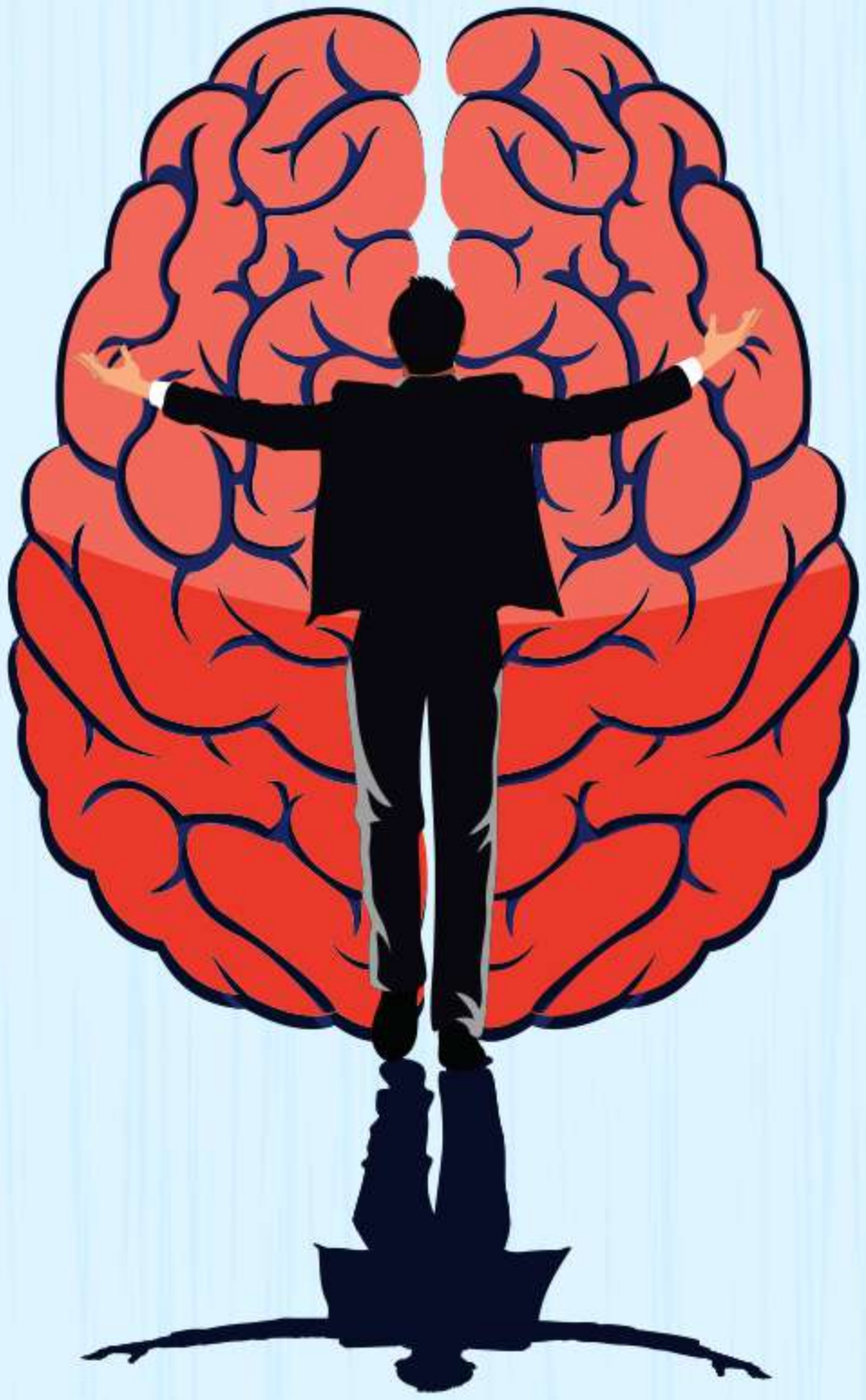
WHAT IS FREEDOM?



An existential
Psychology
perspective

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FREEDOM IS NOT THE ABSENCE OF LIMITS.

You cannot choose your circumstances, your past, or everything that happens to you.

But existential psychology asks a different question:

Within the circumstances you cannot control,
What can you still choose?

How you respond.
What you value.
What you do next.

Freedom begins in that space between **what happens to us and what we make of it.**



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AND THAT FREEDOM CAN BE UNCOMFORTABLE.

Because if there is no predetermined script for how you should live, **you have to choose.**

And choosing means taking responsibility.

Sartre described this as being *"condemned to be free"* we cannot escape the fact that we are continually making choices, even when we try to avoid choosing.

So freedom is not always the feeling of having endless possibilities. Sometimes, it is the anxiety of knowing **the decision is yours.**



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SO, WHAT DOES IT MEAN TO LIVE FREELY?

Existential psychology does not promise a life without constraints.

It asks us to become more conscious of the choices we do have, take ownership of them, and build a life around what we find meaningful.

Maybe freedom is not having no boundaries.

Maybe it is knowing where your choice begins.



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