

Spiritual and Existential Distress Workbook

For adults

Name: _____ Date: _____

Trusted person or support contact: _____

Use this workbook to explore changes in meaning, connection, values, and hope after loss, illness, trauma, or a life transition. Your beliefs and boundaries guide the process.

This workbook welcomes people who are religious, spiritual, questioning, unsure, or neither. Skip any prompt that does not fit. If hopelessness persists, distress is severe, or safety is uncertain, seek professional support. In the United States, call or text 988 for a mental-health or suicide crisis; call 911 for immediate danger.



People and places of support

Person or place	How this helps	How I can connect
Friend or family member		
Counselor or therapist		
Chaplain or chosen spiritual support		
Community or peer group		

What I want someone to understand about my questions



What matters to me

Beliefs values or relationships that shaped me

What meaning looks like now

A time I felt connected

What has changed



Questions without pressure

You can leave a question unanswered. Choose a listener who respects your beliefs and does not force an answer.

The question that feels most urgent

What uncertainty brings up for me

A person or practice that helps me hold it



When life feels unfair

Responsibility, regret, and forgiveness can be explored without denying harm or giving up necessary boundaries.

What feels difficult now

What I wish others understood

What is within my control today

One kind response to myself



My connection map

I connect with	What connection feels like	One small step
People		
Nature or place		
Stories music or art		
Culture faith or personal values		

A boundary that helps me feel safe



Sources of strength

Source	How it supports me	How I can access it
Relationships		
Nature or creativity		
Faith ritual or reflection if relevant		
Professional support		

One realistic step this week



Values and next steps

Value I choose	Small action	Support or barrier

What I can do without needing certainty



My comfort menu

Choose only what fits: time with safe people, art, music, nature, quiet reflection, a cultural practice, prayer if meaningful, journaling, movement, service, or professional support.

When I need calm

When I need connection

When I need honest conversation

When I need a break



Optional writing and drawing prompts

Days 1 to 3. Use in any order. Skipping a prompt is okay.

Day 1 What does spirituality, meaning, or purpose mean to you today?

Day 2 What beliefs or values have shaped your life?

Day 3 What currently feels spiritually or existentially difficult?



Optional writing and drawing prompts

Days 4 to 6. Use in any order. Skipping a prompt is okay.

Day 4 What question are you carrying?

Day 5 What emotion comes up when you sit with that question?

Day 6 What does connection mean to you?



Optional writing and drawing prompts

Days 7 to 9. Use in any order. Skipping a prompt is okay.

Day 7 Who, what, or where helps you feel less alone?

Day 8 What has changed in your sense of meaning since a significant loss, illness, trauma, or transition?

Day 9 What has remained meaningful?



Optional writing and drawing prompts

Days 10 to 12. Use in any order. Skipping a prompt is okay.

Day 10 What is one value you want to honor this week?

Day 11 What is one small action that expresses that value?

Day 12 What does hope look like when certainty is unavailable?



Optional writing and drawing prompts

Days 13 to 15. Use in any order. Skipping a prompt is okay.

Day 13 What does peace mean to you?

Day 14 What helps you access even a brief moment of peace?

Day 15 What relationship needs care, repair, distance, or clearer boundaries?



Optional writing and drawing prompts

Days 16 to 18. Use in any order. Skipping a prompt is okay.

Day 16 What guilt, regret, or shame are you carrying?

Day 17 What part of that burden belongs to you, and what part does not?

Day 18 What would self-forgiveness mean in your circumstances?



Optional writing and drawing prompts

Days 19 to 21. Use in any order. Skipping a prompt is okay.

Day 19 What cultural, family, or spiritual tradition has supported you?

Day 20 What tradition, ritual, or practice would you like to reclaim or adapt?

Day 21 What role does nature, creativity, or service play in your life?



Optional writing and drawing prompts

Days 22 to 24. Use in any order. Skipping a prompt is okay.

Day 22 What can you contribute to someone else without depleting yourself?

Day 23 What would you like a trusted person to understand about your inner life?

Day 24 What boundary protects your values or emotional well-being?



Optional writing and drawing prompts

Days 25 to 27. Use in any order. Skipping a prompt is okay.

Day 25 What does a life aligned with your values look like in this season?

Day 26 What spiritual, cultural, or professional support could be helpful now?

Day 27 What is one experience of beauty, gratitude, or wonder you noticed today?



Optional writing and drawing prompts

Days 28 to 30. Use in any order. Skipping a prompt is okay.

Day 28 What do you want to make room for in your life?

Day 29 What has helped you feel more connected this month?

Day 30 Finish this sentence: "Even with unanswered questions, I can move forward by _____."



30 day meaning and support tracker

Notice feelings, connection, and support. This is a tool for reflection, not a score of your beliefs or progress.

Day	Feeling	Connection low medium high	Comfort or practice	Meaningful moment
1				
2				
3				
4				
5				
6				

What helped me feel supported?



30 day tracker continued

Day	Feeling	Connection low medium high	Comfort or practice	Meaningful moment
7				
8				
9				
10				
11				
12				

What helped me feel supported?



30 day tracker continued

Day	Feeling	Connection low medium high	Comfort or practice	Meaningful moment
13				
14				
15				
16				
17				
18				

What helped me feel supported?



30 day tracker continued

Day	Feeling	Connection low medium high	Comfort or practice	Meaningful moment
19				
20				
21				
22				
23				
24				

What helped me feel supported?



30 day tracker continued

Day	Feeling	Connection low medium high	Comfort or practice	Meaningful moment
25				
26				
27				
28				
29				
30				

What helped me feel supported?



Looking ahead

What felt meaningful this month

A question I can keep exploring

A person or place of support

A small step aligned with my values

Adapted from Spiritual Distress Workbooks. These pages support reflection and do not prescribe religious practice or replace mental-health care.

