

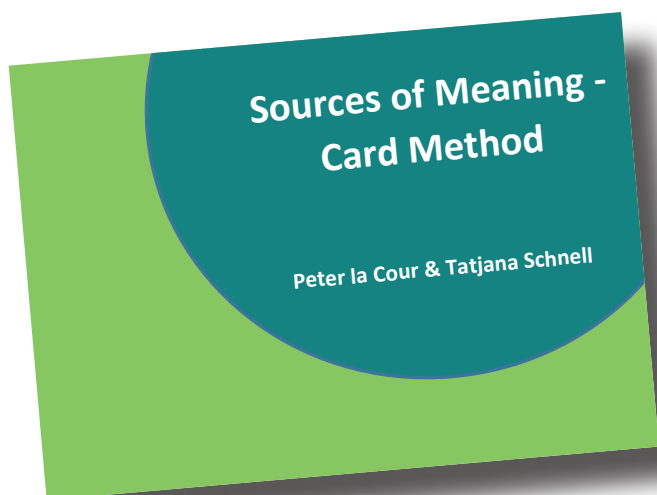
Peter la Cour & Tatjana Schnell

## Sources of Meaning - Card Method

A statement-initiated conversation  
about sources of meaning in life

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The SoMe – Card Method is an instrument for mapping and investigating personal sources of meaning within a session of approximately one hour.

The method presents a variety of (empirically validated) sources of meaning and supports the verbalisation of what is experienced as personally significant („finding words“). A structured selection process helps to clarify priorities. The subsequent guided reflection can open up new perspectives and initiate personal development.

The printing was supported by the Office of the Vice Rector for Research, University of Innsbruck.

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