

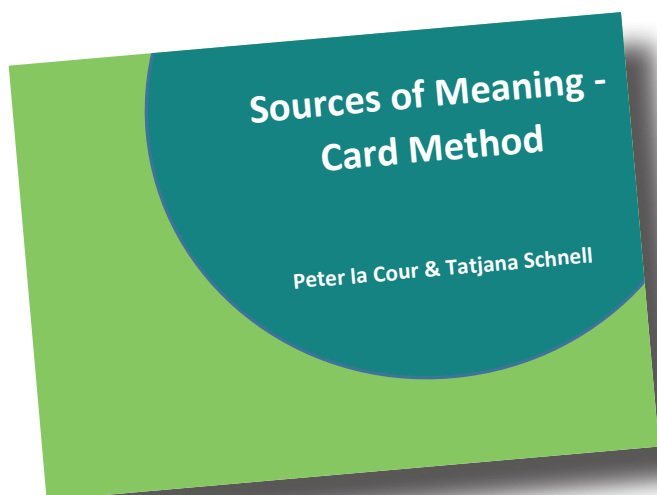
Peter la Cour & Tatjana Schnell

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.

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