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Title

Searching for truth to rely on: Ukrainians making life choices in the face of uncertainty

Abstract for

Short Communication

Abstract

Living in a state of war in Ukraine doesn't exempt anyone from life planning and decision-making. Yet how can one make significant choices when the future remains an equation with countless unknowns? In their search for solid ground, people employ various methods to explore reality and construct their own version of truth. Some find authentic faith that helps them face life's challenges, while others build castles in the sand, becoming trapped in illusions. As a practicing psychologist, the author shares her observations of clients struggling with life choices during wartime, facing her own challenges in helping them distinguish between irrational hope and realistic perspectives.

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