

Living While Palliative: The Experience of Ontological Insecurity

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The purpose of this article is to examine the concept of ontological insecurity. Ontological insecurity involves anxiety and insecurity, and the term ontological insecurity was coined by R.D. Laing to represent those with schizophrenia. Others have used this term to describe the experience of individuals with chronic illness. This article explores how ontological insecurity has impacted my life with Stage 4 breast cancer. Other concepts, such as temporality, bifurcation of consciousness, and the balance of doing and being, can help those with ontological insecurity to understand what they are experiencing, as well as help those who are assisting these individuals. The term ontological insecurity is very helpful to understand what palliative patients are undergoing.

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