

ABSTRACT

This paper focuses on changes in life philosophies in individuals who have gone through a difficult life event. To this end, a qualitative methodology using semi-structured interviews was chosen for the research part. The research sample consisted of 5 women who had been diagnosed with autoimmune disorders, specifically idiopathic intestinal inflammation. The data obtained were analyzed using phenomenological analysis. The results presented in the empirical part are presented in a table on 5 metathemes: „Bullshit“, Difficult life period, event, „prepared ground“ and change. The research results indicate the form and course of the experienced change. The research showed that the event to which informants attributed the change in life philosophy was some form of awakening that was not necessarily directly related to the diagnosis. The change in life philosophy itself was characterised by a reassessment of priorities with a greater emphasis on autonomy and health.

KEYWORDS:

Wisdom, difficult life event, wisdom development, transformation, life's philosophy

