The aim of this study in caring science is to formulate the essence of becoming in relation to health and suffering. The study poses questions such as “What are the characteristics of becoming in chosen texts” and “How is becoming an aspect of health”? The theoretical perspective of the study centres in the caritas – motive. The caritative ethos supplies the caritative theory’s ontological assumptions as well as provides the study with direction, questions, epistemology, methodology and the logic behind its final conclusions. The study is hermeneutic and explorative, and it is grounded in systematic basic research in the caring science.

The study is divided into three sections: part one determines its scope, part two consists of an exploration and part three contains the conclusion. The scope encompasses, besides the study’s aim and questions, a pre-understanding deduced from the theoretical perspective and research survey. In the exploration, I present the analysed material, describe the chosen methodology and outline the conclusions of the textual analysis. In the concluding part, the results are merged with the scope’s assumptions. The ending also contains a critical discussion on how resulting the merging of horizons can be dedicated to the suffering human being as well as an examination of possible topics for follow-up research.

The final conclusions are drawn by deduction, induction and abduction. The outcome of the thesis is formed in the deduction phase by combining research findings with chosen basic assumptions from the caritative theory. The inductive phase of the study is made up of a hermeneutic textual analysis inspired by Catanzaro and Grenholm. The subjects of textual analysis are “Den vardande människan” by Pauli and “Hälsans idé” by Eriksson. The hypotheses that emerge from the textual analysis are reflected against the study’s deduced thesis in a merger of horizons in the abductive part. The results indicate possibilities about the essence of becoming.

The findings comprise three basic theses and seven premises. The basic theses are: to become is a struggle to attain the highest good and its form in time and space is that of a spiritual powerspiral; becoming can be both integrating and dissolving by its nature; becoming is to try out and widen one’s boundaries trough playing.

The most significant of the study’s findings relates to human delivery through a sense of guilt experienced when a person confronts his or her conscience and is absolved. Thus becoming, as a struggle, may lead to a mitigation in suffering, and aid the human being through the attainment of a higher awareness of his or her true essence. The findings of the study affect how becoming, as an activating factor in caring, can be dedicated to aid the human being and promote the caritative theory. The findings reveal new nuances in the human form through clarified visual outlining.