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## Analysis of Self

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Analysis of Self

A Project Presented to  
the Graduate Faculty of  
Minnesota State University Moorhead

By

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Requirements for the Degree of  
Master of Science in  
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### Abstract

Life is a series of emotions, situations, and experiences that shape us into who we are.

Throughout my life I have witnessed mountaintop experiences and have also spent a lot of time in the valley. Life is often not in our control. Yet, we can always decide how we will respond to each and every situation. Existentialism focuses on finding meaning and purpose in the midst of painful experiences. I find much of my heartbeat within Existential theory. When we can find purpose in the midst of heartache, and meaning in the midst of meaninglessness, we construct a more positive attitude and outlook for our lives. A lot of my journey has been learning to find and trust my own voice. I spent a lot of years living inside myself instead of outwardly, following the steps that others thought was the best for me. Yet, I have found that our voice holds power. As I have found my voice, I have found great freedom and healing. I have learned that life can be what I make of it. That as long as I don't give up along the way, that things will always work out for the good.

*Keywords:* Existentialism, Erik Erikson, finding my voice