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Analysis of Self

Plan B Presented to
The Graduate Faculty of
Minnesota State University Moorhead

By

Amanda Christine Bushaw

In Partial Fulfillment of the
Requirements for the Degree of
Master of Science in
Clinical Mental Health Counseling

April 2022

Moorhead, Minnesota

Abstract

Self-analysis is reviewing elements of your social, professional, and overall self to understand your actions' "Why?". This paper used a series of analytic tools to collect information about who I am. Tools included explaining my background, personality assessments (Myers-Briggs Type Indicator and The Big Five), and one-on-one interviews with my loved ones. This information was then used to explain my desire to apply theoretical approaches in counseling, including Feminist Therapy, Family-Systems Therapy, and Person-Centered Therapy. Data collected gave the reader insight into this writer's understanding of self. Data was also used to justify current therapeutic interests and future goals for development.

Keywords: Self-Analysis, Identity, Personality Development