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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

Peace Peter

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

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Abstract

This self-analysis paper explores the author's personal growth and development over a specific period. The paper begins with an overview of the author's background and experiences of immigration that have shaped their identity. Next, the author reflects on their personal relationships with family and friends, discussing areas in which they have made progress and areas in which they still need improvement. The paper also explores the author's theoretical orientation and aspirations, outlining the steps they are taking to achieve them. Through this self-analysis, the author gains a deeper understanding of themselves, their motivations, and their potential for growth. Overall, this paper provides a valuable insight into the author's journey of self-discovery and serves as a roadmap for their continued personal development.