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A Personal Journey of Self-Reflection

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A Personal Journey of Self-Reflection

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

By

Brooke Leigh Heil

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Requirements for the Degree of
Master of Science in
School Counseling

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Abstract

In this analysis, I investigate the different layers that make up who I am, exploring my personal experiences, relationships, academic pursuits, career path, mental and physical health, cultural background, coping mechanisms, strengths, and aspirations. Coming from a family deeply impacted by alcoholism, mental health struggles, and loss, I navigate through life's challenges, drawing insights from various psychological theories to understand my own journey. Through self-reflection and insights from those around me, I explore themes of resilience, independence, and how my past shapes my present. This analysis was constructed with personal stories, reflections, and observations, providing a holistic view of my identity and the factors that have influenced it.

Keywords: personal experiences, resilience, coping mechanisms, cultural background

