

CLINICAL ASSIGNMENT: SELF-DISCOVERY

"We run away all the time to avoid coming face to face with ourselves." ~Author Unknown

"People often say that this or that person has not yet found himself. But the self is not something one finds, it is something one creates." ~Thomas Szasz, "Personal Conduct," *The Second Sin*, 1973

Use the following questions to write an essay:

- What do I cherish about myself?
- What do I dislike about myself?
- What masks do I wear?
- Why have I made poor choices, and how can I make amends?
- What are five things that are important to me?
- What is the most difficult part about getting older?
- Who is someone I admire?
- What kind of a person do I want to be?

This essay should be as long (or as short) as it needs to be.