

WHO AM I AS A PERSON?

(taken from "Along the Way: A Counselor Self-Assessment, pg. 111)

1. How do I assess my developmental history up to this point of my life? What were the high and low points?
2. When did I realize I was an adult? How did I handle this realization?
3. What are my five best qualities?
4. What five areas of my life do I need to improve?
5. If Barbara Walters would ask me what my basic philosophy of life is, how would I answer?
6. Is my glass of water half full or half empty? Why?
7. What pervasive mood do I find myself in most of the time?
8. What do I think about people in general?
9. What role do my religion, culture, ethnic values, gender and sexual orientation play in my view of life?
10. On the Meyers Briggs Type Inventory, what am I?
11. Who is my hero?
12. What is maturity?
13. What are my personal goals and objectives?
14. Who and/or what influenced my life?
15. What would my best friend say about me?
16. What is the biggest criticism people have of me?
17. What three adjectives best describe me?