

NPCC 301 Assignment 5 Due Oct. 15th - Christina Joiner

Christian is experiencing Anger Issues. He has been feeling used by others lately (Exception). He feels as though he has no freedom. He is Hardworking, kind, helpful and tends to like being able to help others and serve. (Strength) He likes that others come to him for help, but he can't say no to people when he doesn't want to do something. He feels happy when he gets to help people out, but he has not had much time to himself or do things that he likes to do. Others tend to take advantage of his people pleasing and he's felt like he hasn't been able to catch a break. His Helpfulness (Strength) is there for everyone, but he also needs to make time for himself.