

DISCOVERING YOUR IDENTITY

WHO AM I? DO I MATTER? DOES ANYONE REALLY CARE?

ARE YOU HIDING YOUR IDENTITY BEHIND MASKS?

When we are insecure and feel we are not good enough to be valued for who we are, we hide our true identity and rather begin to value what others think about us, or even what we think society expects from us.

WHAT IS AN IDENTITY?

Identity is described as the characteristics that both determine and establish **who people are** and **where they are going**.

WHAT IS AN IDENTITY CRISIS?

When you are unsure about yourself and confused about your place in the world, we describe this as an identity crisis.

It is essential to reconcile within yourself: 'the person one has come to be' and 'the person society expects one to become'?

YOUR IDENTITY IS ESTABLISHED WHEN BOTH PERSPECTIVES ARE BALANCED.

WHAT HAVE I GOT?
WHO AM I?



WHAT AM I GOING TO
DO WITH IT?
WHERE AM I GOING?

ACTION! → TIME TO REFLECT:

• What aspects of yourself do you hide from others? • What about yourself, do you believe is valuable?

TRUE IDENTITY

to believe the truth about your internal value as an individual, which then naturally reflects in your actions. To cultivate self-worth.

FALSE IDENTITY

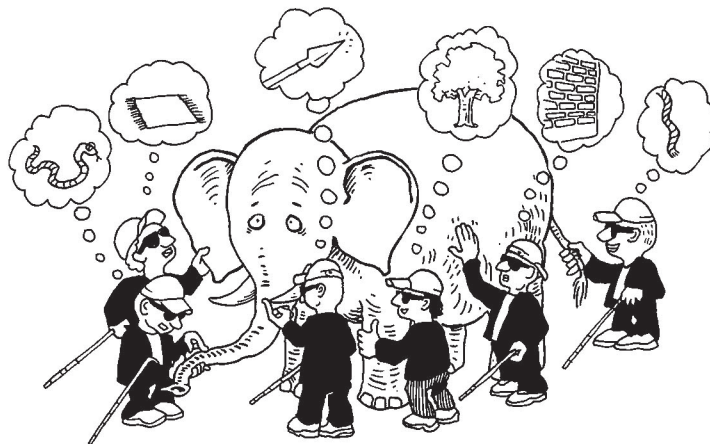
to focus on external personas or masks, which can change or be taken away, and portray how you want others to perceive you. For example: the macho rugby player or pretty rich girl.

INSIGHT!

DISCOVER YOUR TRUE VALUE AND YOU WILL REALISE AND KNOW YOUR TRUE IDENTITY.

Let's look at two stories that will help us understand a little more about what identity is and what it should not be!

1. THE BLIND MEN AND THE ELEPHANT

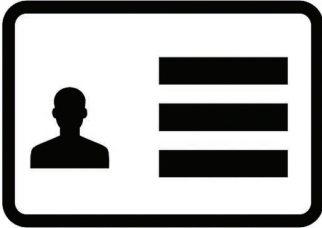


ACTION! → TIME TO REFLECT:

What does this story illustrate about FINDING your identity?

2. THE UGLY DUCKLING

This well-known story tells of a homely little bird born in a barnyard who suffers abuse from the others around him until, much to his delight (and to the surprise of others), he matures into a beautiful swan, the most beautiful bird of all. This is a story about personal transformation for the better and discovering who you really are – your identity!



LOOK AT YOUR IDENTITY DOCUMENT

This only provides limited information about who you are as an individual!

IDENTITY THEFT

Your identity is **STOLEN** from you, when you believe lies about yourself and who you really are. Shame and lies will keep you from embracing your true identity.

YOUR IDENTITY CAN BE STOLEN BY:

- Trauma (bullying, death, divorce, abuse etc.)
- Addictions (alcohol, drugs, pornography etc.)
- Social media (body image etc.)
- Other crushing problems (self-harm etc.)

WHY IS IT IMPORTANT TO REGAIN YOUR TRUE IDENTITY?



**HOW DOES YOUR
IDENTITY IMPACT YOUR:**

RELATIONSHIPS WITH OTHERS

FEELINGS ABOUT YOURSELF

THOUGHTS ABOUT YOURSELF

BEHAVIORS AND DECISIONS

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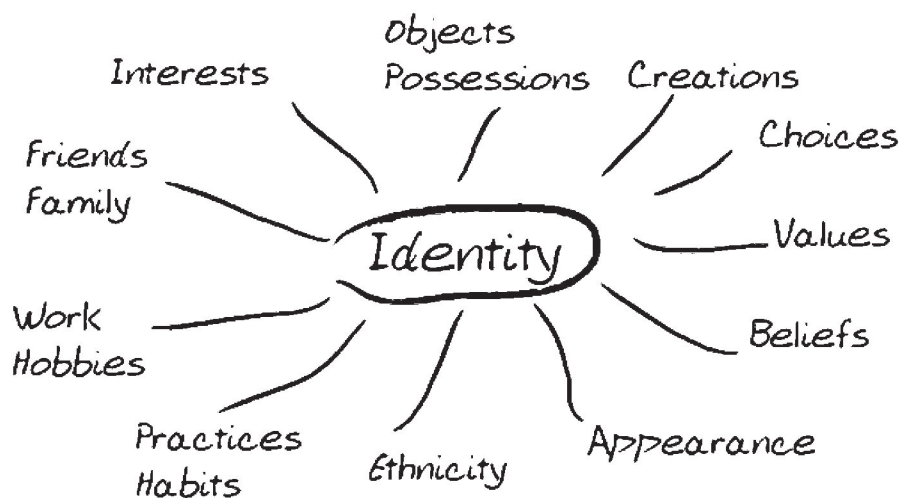
STORY ME

Use this mind-mapping exercise now and throughout your future, to help you develop a clearer image of your Character Profile and your identity.

DRAW ANY SHAPE IN THE MIDDLE OF THE PAGE AND WRITE YOUR NAME INSIDE THAT SHAPE

HERE ARE SOME IDEAS OF WHAT YOU COULD CONSIDER ASKING YOURSELF:

- Who am I?
- What roles do I play in my life (e.g. friend, son, sister...)?
- What is important to me in life (e.g. Sport, Church...)?
- What do I frequently spend my time doing?
- What keeps me busy?
- What activities do I enjoy the most?
- Where do I add value?
- What social groups do I belong to?
- What do I consider to be a study or career choice that I may enjoy (based on your interests now)?
- What are my worldviews (e.g. Equality...)?
- What is my Gender?
- What do I value about my culture?



REMEMBER:

REALLY THINK OF WHO YOU ARE AND NOT WHO OTHER PEOPLE THINK YOU ARE

**YOU CAN BE CREATIVE AND ADD PICTURES,
DRAWINGS, COLOURS ETC.**

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