

# Hear Me Roar:

What Determines Our Identity, and How Does it Change How We Relate to the World Around Us?

“I AM...”

Two of the most  
Powerful words.  
For what you put  
After them  
Shapes your reality.

By Hannah Rodriguez & Alysha Stucker

# Objectives

- Learn the 8 stages of Erikson's Psychosocial stages, and how each virtue shapes our identity
- Practice an "I" statement for possible conflicting interactions with family members
- Choose an Archetype and learn both LIGHT and SHADOW attributes for that specific archetype

# Erikson's Psychosocial Stages

Age	Psychosocial Crisis	Basic Virtue
0 to 1½	Trust vs. mistrust	Hope
1½ to 3	Autonomy vs. shame	Will
3 to 5	Initiative vs. guilt	Purpose
5 to 12	Industry vs. inferiority	Competency
12 to 18	Ego identity vs. role confusion	Fidelity
18 to 40	Intimacy vs. isolation	Love
40 to 65	Generativity vs. stagnation	Care
65+	Ego integrity vs. despair	Wisdom

# Identity vs. Role Confusion

- Become more independent
- Look at future
  - Career, relationships, family
- Want to belong to society and fit in
- Adolescents re-examine identity and try to figure out who they are
- Two identities: sexual and occupational
- At the end of this stage: a reintegrated sense of self, of what one wants to do or be. Understand one's sex role
- Explore possibilities for forming identity. Failure to establish sense of identity leads to role confusion, not being sure about self, or place in society (identity crisis)
- Virtue=Fidelity; being able to commit one's self to others on the basis of accepting others even when there may be ideological differences

# Intimacy vs. Isolation

- Begin to share self more intimately with others
- Explore relationships, longer term relationships with someone other than family member
- Successful completion of this stage leads to comfortable relationships, sense of commitment, safety, and care with relationships
- Isolation, loneliness, sometimes depression when you avoid intimacy and fear commitment

# Who am I and how did I get here?: Identity Formation

- Discovering abilities, goals, and effectiveness are part of creating sense of identity
- Identity is shaped by how one organizes experiences within the environment (context)
- One definition of identity is your personally held beliefs about the self in relation to social groups (race, religion, sexual orientation)
- Individuation: development of distinct personality

# Differentiation of Self

“To be what we are, and to become what we are capable of becoming, is the only end of life.”

Robert Louis Stevenson

- The less developed a person's "self", the more impact others have on his or her functioning, and the more he or she tries to control the functioning of others.
- People with a poorly differentiated "self" depend so heavily on the acceptance and approval of others that either they quickly adjust what they think, say, and do to please others or they dogmatically proclaim what others should be like and pressure them to conform.
- A person with a well-differentiated "self" recognizes his realistic dependence on others, but he can stay calm and clear headed enough in the face of conflict, criticism, and rejection to distinguish thinking rooted in a careful assessment of the facts from thinking clouded by emotionality.

# Differentiation from your family

- Your ability to be your own person is determined by how well you have resolved issues with your parents
- Develop an individual relationship with each parent, rather than dealing with them as a unit
  - Correspond with each separately
  - Balance time spent with each alone during visits, getting to know them as individuals
- When conflicts emerge **use "I" statements**
  - I feel \_\_\_\_\_, when \_\_\_\_\_, because \_\_\_\_\_. What I want/need is \_\_\_\_\_
- Openly define where you stand on an issue, what you want, and what you intend to do without defending yourself, attacking, or withdrawing.

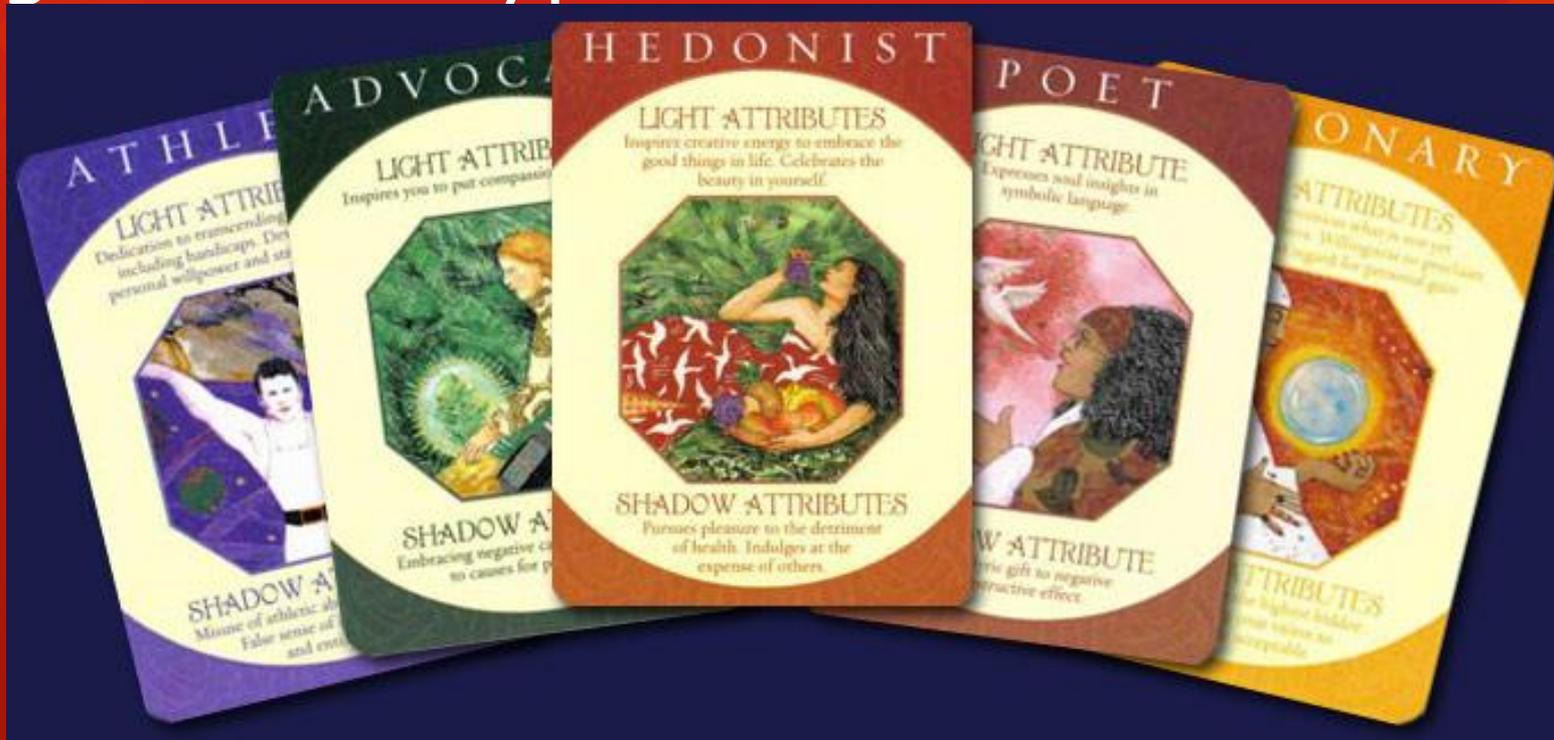
# Change

- Change is difficult for everyone. Anticipate a series of reactions from your family
- Families may be hurt, angry, or surprised. You may receive backlash
- Backlash, threats will likely reach a peak and then subside
- Maintain contact while under fire. Make a casual, empathic response

Rehearse possible interactions and write a script for taking the “I” position

# Jungian Archetypes

Caroline Myss



Take a few minutes to look over the archetypes, and pick up one or two that truly speak to who you believe you are and how you live your life.

- Take a few minutes to look at both the LIGHT and the SHADOW of that archetype.
- In what ways does this archetype fit into your life?
- What is an example of both the LIGHT and the SHADOW playing out in your personal life?
- Why is it important to recognize both the LIGHT and the SHADOW in your personal qualities?
- Were there any archetypes that you noticed that you didn't pick up that you wish you related to better?
- This is the perfect time in your life to figure out who you are as an individual and to be able to recognize what you would like in your life, and make the changes necessary to become the person you want to be.



# Hear Me Roar

- Now is the time to explore who you are
- Now is the time to take the risk to be who you want to be
- Now is the time to share your own “Roar” with the world

What will your “ROAR” look like as you continue your college experience?

# References

- <http://www.simplypsychology.org/Erik-Erikson.html>
- <http://muse.jhu.edu/journals/csd/summary/v050/50.6.torres.html>
- <http://www.psychalive.org/becoming-your-real-self-shedding-the-baggage-of-your-past/>
- <https://www.thebowencenter.org/pages/conceptds.html>
- <http://www.cmhamj.com/pamphlets/Relationship/0203.pdf>
- <http://www.myss.com/>