

Identity Development Worksheet

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What Just Is (*Innate* Differences, Strengths, Interests, Traits):

What Happened (Difficulties):

What Happened (Opportunity/Support):

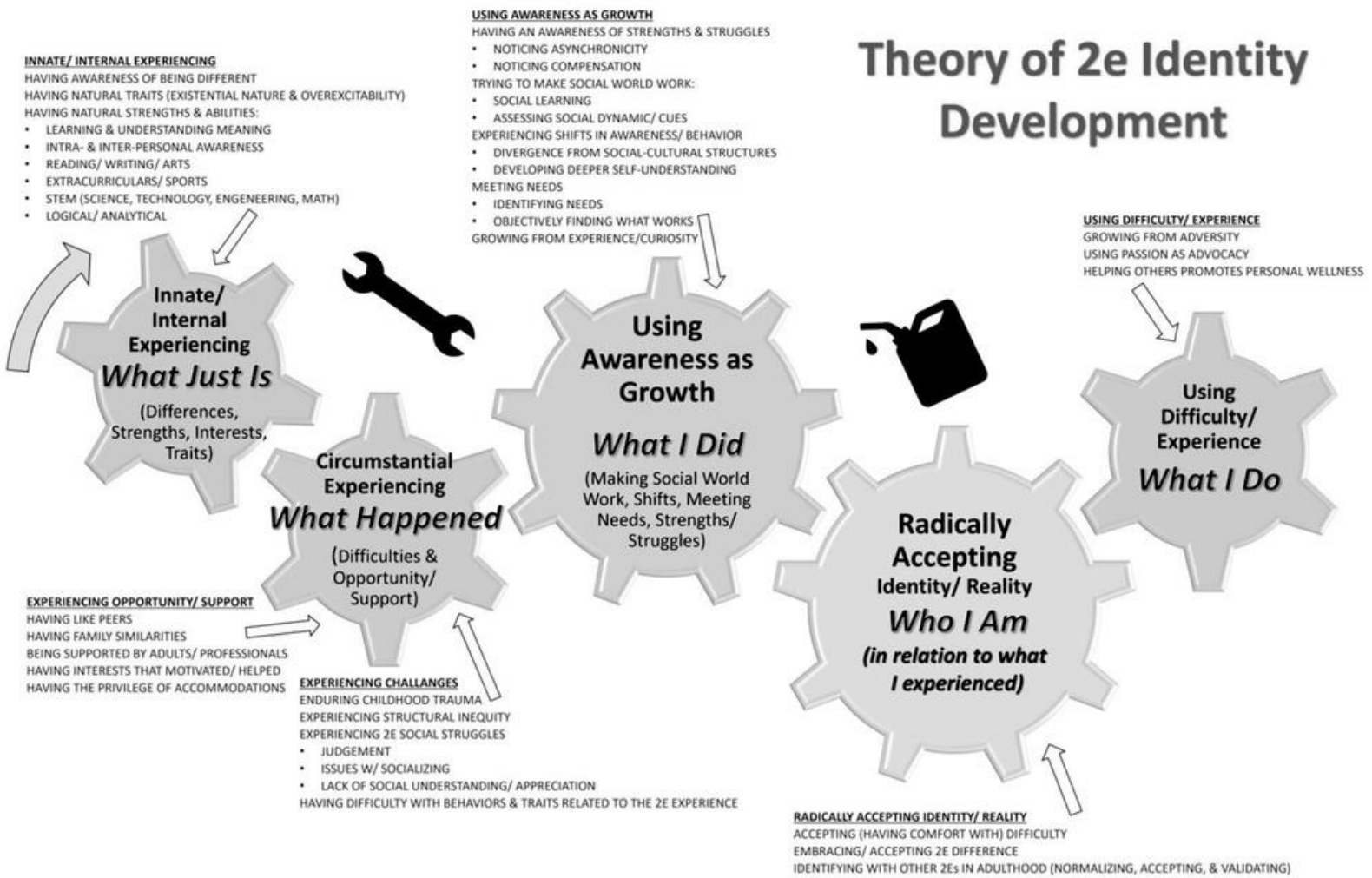
What I Did (Making Social World Work, Shifts, Meeting Needs, Strengths/Struggles):

****Use this to construct your "Awareness as Growth" sequence on the next page**

Who I Am (Radically Accepting Identity/ Reality *in relation to what I experienced*):

What I Do (Using Difficulty/Experience to Inform Growth & Work):

Theory of 2e Identity Development



Using Awareness as Growth

