

Identity Development Theory The Game!

Welcome! Play with fictional characters to explore how identity develops in Dr. Patty Gently's Identity Development (Gear) Theory, a scientific theory of identity found in grounded study. Let's learn it by playing!

Visit www.brightinsight.support to learn more about the game, the theory, Dr. Patty Gently's work, as well as any game expansions the Bright Insight Support Network team may develop for this game.

This PDF packet includes

- A blank Character sheet
- A blank Action sheet
- A sheet of 6 prompt cards
- Pre-filled sheets of popular characters, including Alice in Wonderland, Batman, Cinderella, Wonder Woman, and more
- This instruction sheet

How to Play

SET UP

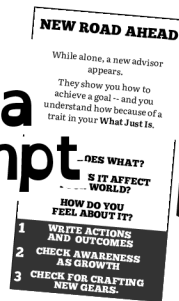
Each player will need a Character sheet, an Action sheet, something to write with, and a supply of sticky notes.

Players can choose a pre-filled character or generate one of their own. (Jump to **MAKING AN ORIGINAL CHARACTER** for those steps.) All characters should be named.

TO PLAY

- 1. Get a Prompt.** Draw at random or choose a prompt card and read it aloud. Listen for how to apply it to your character. For your first turn, we recommend the prompt called **NEW ROAD AHEAD**.
- 2. Write an Episode.** Create your character's episode by answering the three questions. Then write how your character acts, as well as any outcomes that apply.
- 3. Update Your Character.** Check the Awareness as Growth sequence and write the furthest step they got. Check the Character sheet for any gears you should craft where you see this symbol (⚙️). Use sticky notes to re-craft or craft new gears. Then you're ready for the next prompt!

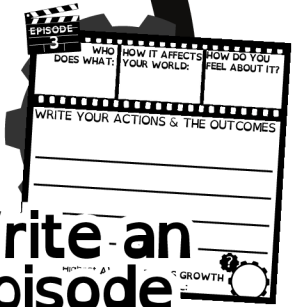
1. Get a Prompt



3. Update Your Character



2. Write an Episode



MAKING AN ORIGINAL CHARACTER

Write a name and three gears with sticky notes: **What Just Is**, **What Happened**, and **What I Did**. Follow each gear's description.

TO "WIN" THE GAME

Craft the Who I Am gear to "win" the game. The What I Do gear is optional. You can also keep playing to see your character grow!



Identity Development Theory The Game!

CHARACTER SHEET

Track your character's present state here! As your character reacts to episodes on the ACTION SHEET, you may need to CRAFT (or RE-CRAFT) new Identity Gears with sticky notes!

CHARACTER NAME

ADVICE FOR CRAFTING:

- **Summarize.** Don't recap. It's creative writing.
- Keep the phrasing **simple, clear and concise.**
- Focus on the **Identity Gear's** definition.

What I Did

The actions you took to make your world work, successfully or not.

RE-CRAFT WHEN you try the Awareness as Growth sequence

To **CRAFT**:
Write on a sticky note and cover this box.

What Happened

Circumstantial difficulties, opportunities, support, including trauma, inequity, mentors, family, etc.

RE-CRAFT WHEN you discover new info about your origin's circumstances.

To **CRAFT**:
Write on a sticky note and cover this box.

Who I Am

Radically accepting my identity and the reality of my experience, including accepting my difficulties. Embracing my fullest self, differences and all.

CRAFT WHEN you finish the Awareness as Growth sequence.

To **CRAFT**:
Write on a sticky note and cover this box.

What Just Is

Internal experiencing of innate traits, natural abilities, interests, strengths, differences.

RE-CRAFT WHEN you gain new awareness of your innate self.

To **CRAFT**:
Write on a sticky note and cover this box.

What I Do

Using my experience to inform what I do, using passion as advocacy, helping others promote their own wellness.

CRAFT WHEN your day job is related to your experiences/difficulties

To **CRAFT**:
Write on a sticky note and cover this box.

OPTIONAL!
Generally only characters with the greatest difficulties make this part of their identity.

MOSTLY NOT IN YOUR CONTROL

NOT IN YOUR CONTROL

Accept WHAT HAPPENED and WHAT JUST IS to craft WHO I AM

WHAT HAPPENED informs WHAT I DO

Congratulations!
Identity Developed!
Keep playing. See what comes up!

OPTIONAL!!!



Identity Development Theory *The Game!*

ACTION SHEET

CO-CREATE episodes with the prompt.
WRITE how your character responds to each.
CHECK the AWARENESS AS GROWTH sequence!

- Advice for writing episodes and actions
- Summarize. Don't recap. It's creative writing.
 - Keep the phrasing simple, clear and concise.
 - Make actions something a camera would see.
 - Consult your Character sheet.
 - Choose outcomes. Success is fine.

CHARACTER NAME

The AWARENESS AS GROWTH Sequence

<p>1 USING AWARENESS OF STRENGTHS & STRUGGLES</p> <p>Do they notice strengths & struggles? Do they notice their asynchronicity? If they're compensating, do they notice it?</p>	<p>2 TRYING TO MAKE YOUR SOCIAL WORLD WORK</p> <p>What social dynamics or cues are they assessing? (And how?) What's working? What's not? What do they try?</p>	<p>3 (ANTI-SOCIETAL) AWARENESS & BEHAVIOR SHIFTS</p> <p>Do their new behaviors diverge from social or cultural structures? Do they develop a deeper understanding of their selves/needs?</p>	<p>4 MEETING YOUR NEEDS</p> <p>Do they objectively identify their needs? Do they find a way to meet their needs within their world? How do they find it?</p>	<p>5 GROWTH FROM EXPERIENCE/ CURIOSITY</p> <p>Do they reflect on previous stages? How aware are they of the way they met their needs and made things work? Did they change?</p>
--	--	---	---	--

EPISODE 1

WHO DOES WHAT:	HOW IT AFFECTS YOUR WORLD:	HOW DO YOU FEEL ABOUT IT?
----------------	----------------------------	---------------------------

WRITE YOUR ACTIONS & THE OUTCOMES

Highest AWARENESS AS GROWTH stage reached this episode:

TIP: IT'S A CREATIVE WRITING EXERCISE. ALLOW STORIES TO CHANGE AS YOU PLAY.

EPISODE 2

WHO DOES WHAT:	HOW IT AFFECTS YOUR WORLD:	HOW DO YOU FEEL ABOUT IT?
----------------	----------------------------	---------------------------

WRITE YOUR ACTIONS & THE OUTCOMES

Highest AWARENESS AS GROWTH stage reached this episode:

TIP: EPISODE OVER? CHECK FOR IDENTITY GEARS TO CRAFT!

EPISODE 3

WHO DOES WHAT:	HOW IT AFFECTS YOUR WORLD:	HOW DO YOU FEEL ABOUT IT?
----------------	----------------------------	---------------------------

WRITE YOUR ACTIONS & THE OUTCOMES

Highest AWARENESS AS GROWTH stage reached this episode:

TIP: THE SEQUENCE ISN'T ALWAYS LINEAR! HITTING 3 IN AN EPISODE AND A 2 IN THE NEXT IS FINE!

EPISODE 4

WHO DOES WHAT:	HOW IT AFFECTS YOUR WORLD:	HOW DO YOU FEEL ABOUT IT?
----------------	----------------------------	---------------------------

WRITE YOUR ACTIONS & THE OUTCOMES

Highest AWARENESS AS GROWTH stage reached this episode:

TIP: FAILURE IS AS COOL AS SUCCESS!

TIP: THIS IS YOUR STORY TO TELL.

WANT MORE EPISODES? USE A STICKY NOTE AND COVER ONE OF THE BOXES!

TIP: DESCRIBE WHAT A CAMERA COULD SEE.

Written in Open Dyslexic font to be as accessible as possible. (C) 2024 Youssef Sleiman, Bright Insight Support Network. Adapted from the Identity Development (Gear) Theory by Patty Gently, Ph. D.

NEW ROAD AHEAD

While alone, a new advisor appears.

They show you how to achieve a goal -- and you understand how because of a trait in your **What Just Is**.

WHO DOES WHAT?

HOW DOES IT AFFECT YOUR WORLD?

HOW DO YOU FEEL ABOUT IT?

- 1 WRITE ACTIONS AND OUTCOMES**
- 2 CHECK AWARENESS AS GROWTH**
- 3 CHECK FOR CRAFTING NEW GEARS.**

SOMETHING BAD

Something or someone in your **What Happened** represents safety or security.

Now the person or thing gets threatened or lost.

WHO DOES WHAT?

HOW DOES IT AFFECT YOUR WORLD?

HOW DO YOU FEEL ABOUT IT?

- 1 WRITE ACTIONS AND OUTCOMES**
- 2 CHECK AWARENESS AS GROWTH**
- 3 CHECK FOR CRAFTING NEW GEARS.**

A RIVAL APPEARS

Look at your **What Just Is**. Pick a trait. A new person also has the same trait.

As soon as they appear, they're blocking you from something you want (or sabotaging your efforts to get it.)

WHO DOES WHAT?

HOW DOES IT AFFECT YOUR WORLD?

HOW DO YOU FEEL ABOUT IT?

- 1 WRITE ACTIONS AND OUTCOMES**
- 2 CHECK AWARENESS AS GROWTH**
- 3 CHECK FOR CRAFTING NEW GEARS.**

THE SECRET

You're close to getting something you want.

However, someone distracts you with new information about your **What Happened**.

And it is true.

WHO DOES WHAT?

HOW DOES IT AFFECT YOUR WORLD?

HOW DO YOU FEEL ABOUT IT?

- 1 WRITE ACTIONS AND OUTCOMES**
- 2 CHECK AWARENESS AS GROWTH**
- 3 CHECK FOR CRAFTING NEW GEARS.**

THE BIG FAILURE

You're pursuing some goal, and it all falls apart. You've had setbacks before, but not like this.

A well-meaning person suggests that an innate trait in your **What Just Is** might be to blame.

WHO DOES WHAT?

HOW DOES IT AFFECT YOUR WORLD?

HOW DO YOU FEEL ABOUT IT?

- 1 WRITE ACTIONS AND OUTCOMES**
- 2 CHECK AWARENESS AS GROWTH**
- 3 CHECK FOR CRAFTING NEW GEARS.**

GRAND ARENA

You're getting close to something you want, and it feels like the whole world's eyes are on you as a result of something in your **What I Did**.

You can get something you want, but it'll happen in front of everyone.

WHO DOES WHAT?

HOW DOES IT AFFECT YOUR WORLD?

HOW DO YOU FEEL ABOUT IT?

- 1 WRITE ACTIONS AND OUTCOMES**
- 2 CHECK AWARENESS AS GROWTH**
- 3 CHECK FOR CRAFTING NEW GEARS.**



CHARACTER SHEET

Track your character's present state here!
As your character reacts to episodes on the ACTION SHEET, you may need to CRAFT (or RE-CRAFT) new Identity Gears with sticky notes!

CHARACTER NAME

Alice in Wonderland

ADVICE FOR CRAFTING:

- Summarize. Don't recap. It's creative writing.
- Keep the phrasing simple, clear and concise.
- Focus on the Identity Gear's definition.

What I Did

The actions you took to make your world work, successfully or not.

RE-CRAFT WHEN you try the Awareness as Growth sequence

To CRAFT:

Write on a sticky note and cover this box.

Asked lots of questions to find my way home. Tried to appease the Mad Hatter, follow the White Rabbit, enlist help from the Cheshire cat, and answer the Caterpillar's question.

MOSTLY NOT IN YOUR CONTROL

To CRAFT:

Write on a sticky note and cover this box.

Fell down a rabbit hole and taken far from parents and home. Confronted with nonsensical rules and surprising creatures.

What Happened

Circumstantial difficulties, opportunities, support, including trauma, inequity, mentors, family, etc.

RE-CRAFT WHEN you discover new info about your origin's circumstances.

Who I Am

Radically accepting my identity and the reality of my experience, including accepting my difficulties. Embracing my fullest self, differences and all.

CRAFT WHEN you finish the Awareness as Growth sequence.

To CRAFT:

Write on a sticky note and cover this box.

Congratulations! Identity Developed! Keep playing. See what comes up!

NOT IN YOUR CONTROL

To CRAFT:

Write on a sticky note and cover this box.

Curious, polite, and brave. Prominent intellectual overexcitability. Good at asking questions.

What Just Is

Internal experiencing of innate traits, natural abilities, interests, strengths, differences.

RE-CRAFT WHEN you gain new awareness of your innate self.

WHAT HAPPENED informs WHAT I AM

What I Do

Using my experience to inform what I do, using passion as advocacy, helping others promote their own wellness.

CRAFT WHEN your day job is related to your experiences/difficulties

To CRAFT: Write on a sticky note and cover this box.

OPTIONAL!!!

OPTIONAL! Generally only characters with the greatest difficulties make this part of their identity.



CHARACTER SHEET

Track your character's present state here!
As your character reacts to episodes on the ACTION SHEET, you may need to CRAFT (or RE-CRAFT) new Identity Gears with sticky notes!

CHARACTER NAME

Bruce Wayne

ADVICE FOR CRAFTING:

- Summarize. Don't recap. It's creative writing.
- Keep the phrasing simple, clear and concise.
- Focus on the Identity Gear's definition.

What I Did

The actions you took to make your world work, successfully or not.

RE-CRAFT WHEN you try the Awareness as Growth sequence

To CRAFT:

Write on a sticky note and cover this box.

Faced my fear of bats. Studied criminals. Planned revenge for my parents, (but other criminals got to him first.) Began looking for other muggers on the street to fight.

MOSTLY NOT IN YOUR CONTROL

To CRAFT:

Write on a sticky note and cover this box.

Born in Gotham City to a wealthy family -- who were murdered in front of me at 8 years old. Raised by family butler, Alfred. Attacked by bats as a kid, too.

What Happened

Circumstantial difficulties, opportunities, support, including trauma, inequity, mentors, family, etc.

RE-CRAFT WHEN you discover new info about your origin's circumstances.

Accept WHAT HAPPENED and WHAT JUST IS to craft WHO I AM

Who I Am

Radically accepting my identity and the reality of my experience, including accepting my difficulties. Embracing my fullest self, differences and all.

CRAFT WHEN you finish the Awareness as Growth sequence.

To CRAFT:

Write on a sticky note and cover this box.

Congratulations! Identity Developed! Keep playing. See what comes up!

NOT IN YOUR CONTROL

To CRAFT:

Write on a sticky note and cover this box.

Smart, driven, and good at athletics. prominent intellectual overexcitability. Interested in science and puzzles. Not a team player.

What Just Is

Internal experiencing of innate traits, natural abilities, interests, strengths, differences.

RE-CRAFT WHEN you gain new awareness of your innate self.

WHAT HAPPENED informs WHAT I DO

What I Do

Using my experience to inform what I do, using passion as advocacy, helping others promote their own wellness.

CRAFT WHEN your day job is related to your experiences/difficulties

To CRAFT: Write on a sticky note and cover this box.

OPTIONAL!!!

OPTIONAL! Generally only characters with the greatest difficulties make this part of their identity.



CHARACTER SHEET

Track your character's present state here!
As your character reacts to episodes on the ACTION SHEET, you may need to CRAFT (or RE-CRAFT) new Identity Gears with sticky notes!

CHARACTER NAME

Cinderella

ADVICE FOR CRAFTING:

- Summarize. Don't recap. It's creative writing.
- Keep the phrasing simple, clear and concise.
- Focus on the Identity Gear's definition.

What I Did

The actions you took to make your world work, successfully or not.

RE-CRAFT WHEN you try the Awareness as Growth sequence

To CRAFT:
Write on a sticky note and cover this box.

Worked hard to win over my stepmother and stepsisters by serving well.

MOSTLY NOT IN YOUR CONTROL

What Happened

Circumstantial difficulties, opportunities, support, including trauma, inequity, mentors, family, etc.

RE-CRAFT WHEN you discover new info about your origin's circumstances.

To CRAFT:
Write on a sticky note and cover this box.

Father remarried after mother's death, and then father died.
Stepmother made me serve my stepsisters and work as a housemaid.
Called Cinderella

Who I Am

Radically accepting my identity and the reality of my experience, including accepting my difficulties. Embracing my fullest self, differences and all.

CRAFT WHEN you finish the Awareness as Growth sequence.

To CRAFT:
Write on a sticky note and cover this box.

Congratulations!
Identity Developed!
Keep playing. See what comes up!

NOT IN YOUR CONTROL

What Just Is

Internal experiencing of innate traits, natural abilities, interests, strengths, differences.

RE-CRAFT WHEN you gain new awareness of your innate self.

To CRAFT:
Write on a sticky note and cover this box.

Friendly, intuitive with animals, hardworking. Prominent imaginal overexcitability and small feet.

WHAT HAPPENED informs WHAT I AM

WHAT HAPPENED informs WHAT I DO

What I Do

Using my experience to inform what I do, using passion as advocacy, helping others promote their own wellness.

CRAFT WHEN your day job is related to your experiences/difficulties

To CRAFT:
Write on a sticky note and cover this box.

OPTIONAL!!!

OPTIONAL!
Generally only characters with the greatest difficulties make this part of their identity.



CHARACTER SHEET

Track your character's present state here!
As your character reacts to episodes on the ACTION SHEET, you may need to CRAFT (or RE-CRAFT) new Identity Gears with sticky notes!

CHARACTER NAME

Clark Kent

ADVICE FOR CRAFTING:

- Summarize. Don't recap. It's creative writing.
- Keep the phrasing simple, clear and concise.
- Focus on the Identity Gear's definition.

What I Did

The actions you took to make your world work, successfully or not.

RE-CRAFT WHEN you try the Awareness as Growth sequence

To CRAFT:

Write on a sticky note and cover this box.

Hid my powers and blended in while helping people.
Wore glasses to hide.
Started looking for my real parents.

MOSTLY NOT IN YOUR CONTROL

To CRAFT:

Write on a sticky note and cover this box.

Adopted and raised by Kansas farmers who instilled morals and honoring the law.
Told to hide powers while in school.

What Happened

Circumstantial difficulties, opportunities, support, including trauma, inequity, mentors, family, etc.

RE-CRAFT WHEN you discover new info about your origin's circumstances.

Who I Am

Radically accepting my identity and the reality of my experience, including accepting my difficulties. Embracing my fullest self, differences and all.

CRAFT WHEN you finish the Awareness as Growth sequence.

To CRAFT:

Write on a sticky note and cover this box.

Congratulations!
Identity Developed!
Keep playing. See what comes up!

NOT IN YOUR CONTROL

To CRAFT:

Write on a sticky note and cover this box.

Super strong, super fast, super senses, bulletproof. Intuitive with prominent emotional overexcitability. Love for community.

What Just Is

Internal experiencing of innate traits, natural abilities, interests, strengths, differences.

RE-CRAFT WHEN you gain new awareness of your innate self.

WHAT HAPPENED informs WHO I AM
WHAT HAPPENED informs WHAT I DO

What I Do

Using my experience to inform what I do, using passion as advocacy, helping others promote their own wellness.

CRAFT WHEN your day job is related to your experiences/difficulties

To CRAFT:
Write on a sticky note and cover this box.

OPTIONAL!!!

OPTIONAL!
Generally only characters with the greatest difficulties make this part of their identity.



CHARACTER SHEET

Track your character's present state here!
As your character reacts to episodes on the ACTION SHEET, you may need to CRAFT (or RE-CRAFT) new Identity Gears with sticky notes!

CHARACTER NAME

Dorothy of Oz

ADVICE FOR CRAFTING:

- Summarize. Don't recap. It's creative writing.
- Keep the phrasing simple, clear and concise.
- Focus on the Identity Gear's definition.

What I Did

The actions you took to make your world work, successfully or not.

RE-CRAFT WHEN you try the Awareness as Growth sequence

To CRAFT:

Write on a sticky note and cover this box.

Tried to tell my aunt about my hopes, but she didn't listen. Protected my dog by threatening the neighbor. Hid in my house to survive the tornado.

MOSTLY NOT IN YOUR CONTROL

To CRAFT:

Write on a sticky note and cover this box.

Aunt and Uncle require chores on the farm. Farmhands offered advice. Neighbor kicked my dog, Toto.

Then, a tornado hit!

What Happened

Circumstantial difficulties, opportunities, support, including trauma, inequity, mentors, family, etc.

RE-CRAFT WHEN you discover new info about your origin's circumstances.

Who I Am

Radically accepting my identity and the reality of my experience, including accepting my difficulties. Embracing my fullest self, differences and all.

CRAFT WHEN you finish the Awareness as Growth sequence.

To CRAFT:

Write on a sticky note and cover this box.

Congratulations! Identity Developed! Keep playing. See what comes up!

NOT IN YOUR CONTROL

To CRAFT:

Write on a sticky note and cover this box.

Determined and able-bodied. Interested in travel to faraway places. Prominent imaginal overexcitability. Great singing voice.

What Just Is

Internal experiencing of innate traits, natural abilities, interests, strengths, differences.

RE-CRAFT WHEN you gain new awareness of your innate self.

WHAT HAPPENED informs WHO I AM

Accept WHAT HAPPENED and WHAT JUST IS to craft WHO I AM

What I Do

Using my experience to inform what I do, using passion as advocacy, helping others promote their own wellness.

CRAFT WHEN your day job is related to your experiences/difficulties

To CRAFT: Write on a sticky note and cover this box.

OPTIONAL!!!

OPTIONAL! Generally only characters with the greatest difficulties make this part of their identity.



CHARACTER SHEET

Track your character's present state here!
As your character reacts to episodes on the ACTION SHEET, you may need to CRAFT (or RE-CRAFT) new Identity Gears with sticky notes!

CHARACTER NAME

Gwen Stacy

ADVICE FOR CRAFTING:

- Summarize. Don't recap. It's creative writing.
- Keep the phrasing simple, clear and concise.
- Focus on the Identity Gear's definition.

What I Did

The actions you took to make your world work, successfully or not.

RE-CRAFT WHEN you try the Awareness as Growth sequence

To CRAFT:

Write on a sticky note and cover this box.

I joined a band with friends. I picked a name, made a costume, and website. I fight crime and help people as "Spider Woman" while avoiding Dad. It's a lot to balance.

MOSTLY NOT IN YOUR CONTROL

To CRAFT:

Write on a sticky note and cover this box.

Raised by a New York police captain. Enrolled in special school, gets spider powers--but a friend dies trying to get powers, too. My cop father chases me.

What Happened

Circumstantial difficulties, opportunities, support, including trauma, inequity, mentors, family, etc.

RE-CRAFT WHEN you discover new info about your origin's circumstances.

Who I Am

Radically accepting my identity and the reality of my experience, including accepting my difficulties. Embracing my fullest self, differences and all.

CRAFT WHEN you finish the Awareness as Growth sequence.

To CRAFT:

Write on a sticky note and cover this box.

Congratulations! Identity Developed! Keep playing. See what comes up!

NOT IN YOUR CONTROL

To CRAFT:

Write on a sticky note and cover this box.

Interested in science and music. Good at ballet and analytical thinking. Prominent sensual overexcitability. Has spider powers.

What Just Is

Internal experiencing of innate traits, natural abilities, interests, strengths, differences.

RE-CRAFT WHEN you gain new awareness of your innate self.

WHAT HAPPENED informs WHO I AM

Accept WHAT HAPPENED and WHAT JUST IS to craft WHO I AM

What I Do

Using my experience to inform what I do, using passion as advocacy, helping others promote their own wellness.

CRAFT WHEN your day job is related to your experiences/difficulties

To CRAFT:

Write on a sticky note and cover this box.

OPTIONAL!!!

OPTIONAL! Generally only characters with the greatest difficulties make this part of their identity.



CHARACTER SHEET

Track your character's present state here!
As your character reacts to episodes on the ACTION SHEET, you may need to CRAFT (or RE-CRAFT) new Identity Gears with sticky notes!

CHARACTER NAME

Indiana Jones

ADVICE FOR CRAFTING:

- Summarize. Don't recap. It's creative writing.
- Keep the phrasing simple, clear and concise.
- Focus on the Identity Gear's definition.

What I Did

The actions you took to make your world work, successfully or not.

RE-CRAFT WHEN you try the Awareness as Growth sequence

To CRAFT:

Write on a sticky note and cover this box.

I left Princeton to fight in the Mexican Revolution and in WWI as a spy. Now, I study archaeology. I'm also dating my mentor's daughter, Marion.

MOSTLY NOT IN YOUR CONTROL

To CRAFT:

Write on a sticky note and cover this box.

An absent father taught self-reliance. Grave robbers chased me for a gold cross (it belongs in a museum) and got trapped with snakes. Lost the cross, got a cool hat.

What Happened

Circumstantial difficulties, opportunities, support, including trauma, inequity, mentors, family, etc.

RE-CRAFT WHEN you discover new info about your origin's circumstances.

Accept WHAT HAPPENED and WHAT JUST IS to craft WHO I AM

Who I Am

Radically accepting my identity and the reality of my experience, including accepting my difficulties. Embracing my fullest self, differences and all.

CRAFT WHEN you finish the Awareness as Growth sequence.

To CRAFT:

Write on a sticky note and cover this box.

Congratulations! Identity Developed! Keep playing. See what comes up!

NOT IN YOUR CONTROL

To CRAFT:

Write on a sticky note and cover this box.

Headstrong with natural interests in history. Independent and quick thinking on his feet. Hates snakes.

What Just Is

Internal experiencing of innate traits, natural abilities, interests, strengths, differences.

RE-CRAFT WHEN you gain new awareness of your innate self.

WHAT HAPPENED informs WHAT I DO

What I Do

Using my experience to inform what I do, using passion as advocacy, helping others promote their own wellness.

CRAFT WHEN your day job is related to your experiences/difficulties

To CRAFT: Write on a sticky note and cover this box.

OPTIONAL!!!

OPTIONAL! Generally only characters with the greatest difficulties make this part of their identity.



CHARACTER SHEET

Track your character's present state here!
As your character reacts to episodes on the ACTION SHEET, you may need to CRAFT (or RE-CRAFT) new Identity Gears with sticky notes!

CHARACTER NAME

Luke Skywalker

ADVICE FOR CRAFTING:

- Summarize. Don't recap. It's creative writing.
- Keep the phrasing simple, clear and concise.
- Focus on the Identity Gear's definition.

What I Did

The actions you took to make your world work, successfully or not.

RE-CRAFT WHEN you try the Awareness as Growth sequence

To CRAFT:
Write on a sticky note and cover this box.

Asked Uncle Owen about going to the academy since new droids can help with the harvest, but got nowhere. Chased after a droid when it ran away.

MOSTLY NOT IN YOUR CONTROL

To CRAFT:
Write on a sticky note and cover this box.

Raised on a moisture farm far from anything by my only relatives, an Uncle and Aunt who told me nothing about my father. Friends leaving to go to an academy.

What Happened

Circumstantial difficulties, opportunities, support, including trauma, inequity, mentors, family, etc.

RE-CRAFT WHEN you discover new info about your origin's circumstances.

Who I Am

Radically accepting my identity and the reality of my experience, including accepting my difficulties. Embracing my fullest self, differences and all.

CRAFT WHEN you finish the Awareness as Growth sequence.

To CRAFT:
Write on a sticky note and cover this box.

Accept WHAT HAPPENED and WHAT JUST IS to craft WHO I AM

Congratulations!
Identity Developed!
Keep playing. See what comes up!

NOT IN YOUR CONTROL

To CRAFT:
Write on a sticky note and cover this box.

Curious, sensitive, a loyal friend. Prominent imaginal overexcitability and not such a bad pilot.

What Just Is

Internal experiencing of innate traits, natural abilities, interests, strengths, differences.

RE-CRAFT WHEN you gain new awareness of your innate self.

WHAT HAPPENED informs WHAT I DO

What I Do

Using my experience to inform what I do, using passion as advocacy, helping others promote their own wellness.

CRAFT WHEN your day job is related to your experiences/difficulties

To CRAFT:
Write on a sticky note and cover this box.

OPTIONAL!!!

OPTIONAL!
Generally only characters with the greatest difficulties make this part of their identity.



CHARACTER SHEET

Track your character's present state here!
As your character reacts to episodes on the ACTION SHEET, you may need to CRAFT (or RE-CRAFT) new Identity Gears with sticky notes!

CHARACTER NAME

Spock

ADVICE FOR CRAFTING:

- Summarize. Don't recap. It's creative writing.
- Keep the phrasing simple, clear and concise.
- Focus on the Identity Gear's definition.

What I Did

The actions you took to make your world work, successfully or not.

RE-CRAFT WHEN you try the Awareness as Growth sequence

To CRAFT:

Write on a sticky note and cover this box.

Survived bullying by devoting to logic and science.
Got accepted by Vulcan Science Academy "despite having a human mother."
Withdrew my application.

MOSTLY NOT IN YOUR CONTROL

To CRAFT:

Write on a sticky note and cover this box.

Raised on Vulcan. Bullied by other kids.
Father, an ambassador, encouraged applying for the Vulcan Science Academy.

What Happened

Circumstantial difficulties, opportunities, support, including trauma, inequity, mentors, family, etc.

RE-CRAFT WHEN you discover new info about your origin's circumstances.

Who I Am

Radically accepting my identity and the reality of my experience, including accepting my difficulties. Embracing my fullest self, differences and all.

CRAFT WHEN you finish the Awareness as Growth sequence.

To CRAFT:

Write on a sticky note and cover this box.

Congratulations!
Identity Developed!
Keep playing. See what comes up!

NOT IN YOUR CONTROL

To CRAFT:

Write on a sticky note and cover this box.

Half-Vulcan, half-human.
Tall with pointy ears.
Has a talent for science and prominent intellectual overexcitability.
Dyslexic.

What Just Is

Internal experiencing of innate traits, natural abilities, interests, strengths, differences.

RE-CRAFT WHEN you gain new awareness of your innate self.

WHAT HAPPENED informs WHO I AM
WHAT HAPPENED informs WHAT I DO

What I Do

Using my experience to inform what I do, using passion as advocacy, helping others promote their own wellness.

CRAFT WHEN your day job is related to your experiences/difficulties

To CRAFT:

Write on a sticky note and cover this box.

OPTIONAL!!!

OPTIONAL!
Generally only characters with the greatest difficulties make this part of their identity.



CHARACTER SHEET

Track your character's present state here!
As your character reacts to episodes on the ACTION SHEET, you may need to CRAFT (or RE-CRAFT) new Identity Gears with sticky notes!

CHARACTER NAME

Wonder Woman

ADVICE FOR CRAFTING:

- Summarize. Don't recap. It's creative writing.
- Keep the phrasing simple, clear and concise.
- Focus on the Identity Gear's definition.

What I Did

The actions you took to make your world work, successfully or not.

RE-CRAFT WHEN you try the Awareness as Growth sequence

To CRAFT:
Write on a sticky note and cover this box.

I returned the soldier, disgusted at war and injustices in man's world. Tried to stop world wars by convincing world leaders of peace, with plans to go home after.

MOSTLY NOT IN YOUR CONTROL

To CRAFT:
Write on a sticky note and cover this box.

Raised on an island nation of women. Taught to fight and hunt, and to promote peace. Given the duty of taking a shipwrecked soldier back to his home.

What Happened

Circumstantial difficulties, opportunities, support, including trauma, inequity, mentors, family, etc.

RE-CRAFT WHEN you discover new info about your origin's circumstances.

Who I Am

Radically accepting my identity and the reality of my experience, including accepting my difficulties. Embracing my fullest self, differences and all.

CRAFT WHEN you finish the Awareness as Growth sequence.

To CRAFT:
Write on a sticky note and cover this box.

Accept WHAT HAPPENED and WHAT JUST IS to craft WHO I AM

Congratulations!
Identity Developed!
Keep playing. See what comes up!

NOT IN YOUR CONTROL

To CRAFT:
Write on a sticky note and cover this box.

Wise, super strong, super fast. Naturally curious and decisive. Prominent psychomotor overexcitability. Great with a lasso.

What Just Is

Internal experiencing of innate traits, natural abilities, interests, strengths, differences.

RE-CRAFT WHEN you gain new awareness of your innate self.

WHAT HAPPENED informs WHAT I AM

WHAT HAPPENED informs WHAT I DO

OPTIONAL!!!

What I Do

Using my experience to inform what I do, using passion as advocacy, helping others promote their own wellness.

CRAFT WHEN your day job is related to your experiences/difficulties

To CRAFT:
Write on a sticky note and cover this box.

OPTIONAL!
Generally only characters with the greatest difficulties make this part of their identity.