

# Identity Development Worksheet

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

- HAVING AWARENESS OF BEING DIFFERENT
- HAVING NATURAL TRAITS (EXISTENTIAL NATURE & OVEREXCITABILITY)
- HAVING NATURAL STRENGTHS & ABILITIES (LEARNING & UNDERSTANDING MEANING, INTRA- & INTER-PERSONAL AWARENESS, READING/ WRITING/ ARTS, EXTRACURRICULARS/ SPORTS, STEM (SCIENCE, TECHNOLOGY, ENGINEERING, MATH), LOGICAL/ ANALYTICAL)

## What Happened (Difficulties):

- ENDURING CHILDHOOD TRAUMA
- EXPERIENCING STRUCTURAL INEQUITY
- EXPERIENCING 2E SOCIAL STRUGGLES (JUDGEMENT, ISSUES W/ SOCIALIZING, LACK OF SOCIAL UNDERSTANDING/ APPRECIATION)
- HAVING DIFFICULTY WITH BEHAVIORS & TRAITS RELATED TO THE 2E EXPERIENCE

## What Happened (Opportunity/Support):

- HAVING LIKE PEERS
- HAVING FAMILY SIMILARITIES
- BEING SUPPORTED BY ADULTS/ PROFESSIONALS
- HAVING INTERESTS THAT MOTIVATED/ HELPED
- HAVING THE PRIVILEGE OF ACCOMMODATIONS

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

- HAVING AN AWARENESS OF STRENGTHS & STRUGGLES: (NOTICING ASYNCHRONICITY/NOTICING COMPENSATION)
- TRYING TO MAKE SOCIAL WORLD WORK: (SOCIAL LEARNING & ASSESSING SOCIAL DYNAMIC/CUES)
- EXPERIENCING SHIFTS IN AWARENESS/ BEHAVIOR: (DIVERGENCE FROM SOCIAL-CULTURAL STRUCTURES & DEVELOPING DEEPER SELF-UNDERSTANDING)
- MEETING NEEDS: (IDENTIFYING NEEDS & OBJECTIVELY FINDING WHAT WORKS)
- GROWING FROM EXPERIENCE/CURIOSITY

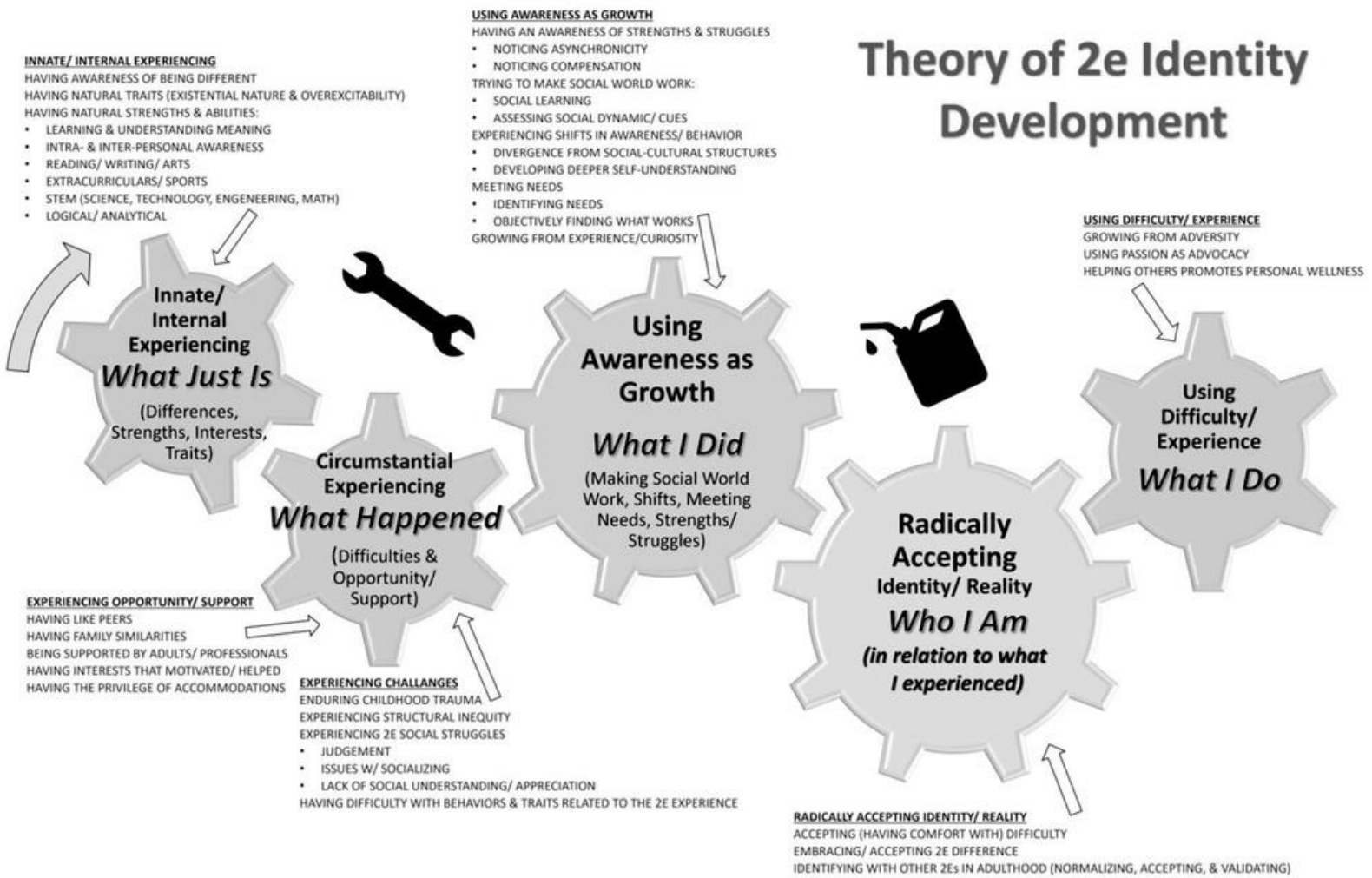
## Who I Am (Radically Accepting Identity/ Reality *in relation to what I experienced*):

- ACCEPTING (HAVING COMFORT WITH) DIFFICULTY
- EMBRACING/ ACCEPTING 2E DIFFERENCE
- IDENTIFYING WITH OTHER 2Es IN ADULTHOOD: (NORMALIZING, ACCEPTING, & VALIDATING)

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

- GROWING FROM ADVERSITY
- USING PASSION AS ADVOCACY
- HELPING OTHERS PROMOTES PERSONAL WELLNESS

# Theory of 2e Identity Development



## Using Awareness as Growth

