## **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, ENGENEERING, 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

#### INNATE/ INTERNAL EXPERIENCING

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, ENGENEERING, MATH)



Strengths, Interests, Traits)

Circumstantial Experiencing What Happened

> (Difficulties & Opportunity/ Support)

**EXPERIENCING OPPORTUNITY/ SUPPORT** 

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

EXPERIENCING CHALLANGES

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

USING AWARENESS AS GROWTH

NOTICING ASYNCHRONICITY

TRYING TO MAKE SOCIAL WORLD WORK:

ASSESSING SOCIAL DYNAMIC/ CUES

OBJECTIVELY FINDING WHAT WORKS

GROWING FROM EXPERIENCE/CURIOSITY

EXPERIENCING SHIFTS IN AWARENESS/ BEHAVIOR

DEVELOPING DEEPER SELF-UNDERSTANDING

NOTICING COMPENSATION

SOCIAL LEARNING

IDENTIFYING NEEDS

MEETING NEEDS

VING AN AWARENESS OF STRENGTHS & STRUGGLES

**DIVERGENCE FROM SOCIAL-CULTURAL STRUCTURES** 

Using

Awareness as

Growth

What I Did

(Making Social World

Work, Shifts, Meeting

Needs, Strengths/

Struggles)

### Theory of 2e Identity Development

USING DIFFICULTY/ EXPERIENCE

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



Using Difficulty/ Experience

What I Do

Radically Accepting Identity/ Reality Who I Am I experienced)



RADICALLY ACCEPTING IDENTITY/ REALITY

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

# **Using Awareness as Growth**

**Using Awareness** of Strength & Struggles (Noticing Asynchronicity & Compensation)

**Trying to Make** Social World Work (Social Learning & **Assessing Social** Dynamic/ Cues)

Shifts in Awareness/ **Behavior** (Social Divergence & Developing Self-Awareness)

**Meeting Needs** (Objectively **Identifying Needs** & Finding What Works)

**Growth From** Experience/ Curiosity

