Identity Development Worksheet

Name: <u>Bruce Wayne</u>.

© Patricia Williams, PhD 2023

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

Good at school and athletics, I guess. I'm not really a team player. Great at track and field, and I like running. I like puzzles, figuring things out, working on my car sometimes. If anything, I think learning is fun for me.

What Happened (Difficulties):

I was born in Gotham City where my parents built a big business. I lost them when I was 8 years old. They were murdered by a mugger in front of me. Ever since, I never felt like I fit in.

What Happened (Opportunity/Support):

Our family butler, Alfred, is taking care of me. And I'm safe in my parent's big house except for the east wing. (Bats get in there sometimes.)

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

I'm more interested in figuring out criminals and why they do what they do. I need to understand why. And no one could teach me that. So I started taking criminology and chemistry at college (because I was good at it.) Alfred wanted me to take finance. While everyone else parties, I study.

**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):

Loner. Driven. Hardworking. Smart. I'm more than my family name. I see the world differently than others do, than most people do -- probably because of my parents' murder. I always identified with Sherlock Holmes, a detective and crimefighter, who understood that innocent people need to be protected.

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

I have a project in mind, and I am preparing myself for it. Innocent people get hurt every day in this city. (I was one.) And I want to make a difference.

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)
- LOGICAL/ ANALYTICAL



(Differences, 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 CEPPERIENCING 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

1

Using Difficulty/ Experience

What I Do

Radically
Accepting
Identity/ Reality
Who I Am
(in relation to who

(in relation to what I experienced)

RADICALLY ACCEPTING IDENTITY/ REALITY

ACCEPTING (HAVING COMFORT WITH) DIFFICULTY EMBRACING/ ACCEPTING 2E DIFFERENCE

IDENTIFYING WITH OTHER ZES 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

I guess I grew up a little quickly. I used to get scared at night. Alley ways, especially. I have a hard time making friends. I don't have fun with others. They laugh, and I don't find anything funny.

Alfred took me to the office once, but I stayed quiet and watched. When I visited the orphanage, I figured staying quiet was my best chance at fitting in, but I really didn't. I stay brief, to the point, even when it's with a lab partner, to get the job done.

Instead of parties or networking for jobs, I'm learning about organized crime and taking self-defense classes. I'm learning how the real world works so I can be ready next time. I don't care about the grades. I care about learning. I figured out I needed to get out of my head, out of this big house. I need to see the city, even if it's where my parents died, because it helps me feel connected, not helpless.

Because of all this, I could meet both crime bosses, thugs, and detectives to understand what I can do. And I see that I have a place beyond Wayne Enterprises, a place where I can make a real difference.