

Identity Issues

Overview

- An **Identity** is the framework of memories, experiences, relationships, and values that are unique to an individual's sense of self.
- An **Identity Issue** is a conflict between any of those parts of an individual's sense of self.

We believe who we are today because we have proof - we have memories in which we remember experiences, relationships, and prioritize ideas that support our ideas of ourselves.

The proof that we treat as *objective reality* is really **subjective reality**.

As we accumulate experiences, we arrive at conclusions of "I am", "I can", "I can't". These become the map in which we experience the world around us.

Sometimes what we conclude conflicts with what we would rather choose for ourselves. These conflicting conclusions are **Identity Issues** in which we:

- Confuse subjective perspective with objective reality
- Confuse Process Issues with Identity
- Expect past Outcomes = future Identity
- Prioritize a codependent perspective of "we," "us," or "he/she, they, them" rather than "I"

When we flood, we do so because we feel challenged, frustrated, unsafe, uncertain, or insecure.

- We think in terms of "have/have not" rather than *becoming*
- We notice our neediness for outside validation
- We feel frustrated over a lack of instant results
- We feel dissatisfied with our current lifestyle, perpetually
- We feel trapped in the blame cycle.
- We expect our future endeavors to fail based on past experience

The reality is that we have the power to create the skills that teach us how to:

- generate the ideas
- make the choices
- perform the actions
- cultivate the relationships

...THAT teach us how to receive exactly what we want from the world around us.

As we start to become aware of what makes habits automatic, we begin to separate Identity from Process and Outcome Issues.