

Identity

An important aspect of developing Unconditional Self Acceptance is to develop our identity.

Identity encompasses the memories, experiences, relationships, and values that create one's sense of self. Identity is ever changing over time as we incorporate new aspects into ourselves.

Many of us only have an identity for the work that we do, or the significant other we are with, or through our family. As a result, we fail to develop a well rounded identity. In the sense of an identity that is based on our significant other or work, when it changes our identity can shatter.

What is Identity

Everyone struggles with existential questions like “Who am I” or “Who do I want my future self to be”.

Identity includes the many relationships people have, the identity as a child, friend, partner, and parent. There are also aspects that you have little or no control over such as race, colour, socioeconomic class, height, weight, etc. Identity also includes religious/spiritual beliefs, political views, moral attitudes, all of which guide the choices we make on a daily basis.

How is Identity Formed?

Identity formation involves three key tasks:

- Discovering and developing one's potential
- Choosing one's purpose in life
- Finding opportunities to exercise that potential and purpose

Unconditional Self Acceptance

So as you see, you can change the shape of your identity and through it find meaning in your life. Through that identity we then can start to practice Unconditional Self Acceptance with meaning and vigour. Developing an identity that is much more stable and more under our own control gives us a greater feeling.