



Identity Exercise: Who Do You Hold Yourself to Be?

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Spend a little time reflecting and journaling about the following questions.

- Who are you? List about four or five positive adjectives that you believe describe who you are. Think of this as a short description of your identity.
- Now describe something that you've done recently that, consciously or not, was designed to get recognition from others for these same qualities. What habits of yours can you identify that serve to protect and build that identity?
- Finally, choose one of your positive qualities, and consider how it limits you. How does your drive to reinforce this trait eliminate other ways of responding? What possibilities might open if you didn't have to keep building that particular aspect of your identity?