

Identity formation

Making Room for More Than One Part of Me

Adults | 10 to 15 minutes

A role, expectation, or difficult event can become the main way you describe yourself. Other parts may still matter, even if they are quiet or changing. This page offers room for complexity, uncertainty, and privacy.

Choose words that feel like yours. You can describe interests or relationships instead of using identity labels.

Widen the description

Name a role, an interest, a connection, and a possibility. Notice which parts you chose and which were assigned by other people.

Protect exploration

Select one part you want to understand better. A private activity, conversation with a trusted person, or request for respectful language may be enough; public disclosure is optional.

1. Which description of me has taken up the most space?**2. What other parts of me remain important?****3. Which expectation feels chosen, and which feels imposed?****4. What safe step would give an overlooked part more room?****Clinical use and adaptation**

Invite client-defined language and cultural context. Do not prescribe a coherent identity story or pressure disclosure. Consider dependence, discrimination, and actual safety when discussing exploration or changes in expression.