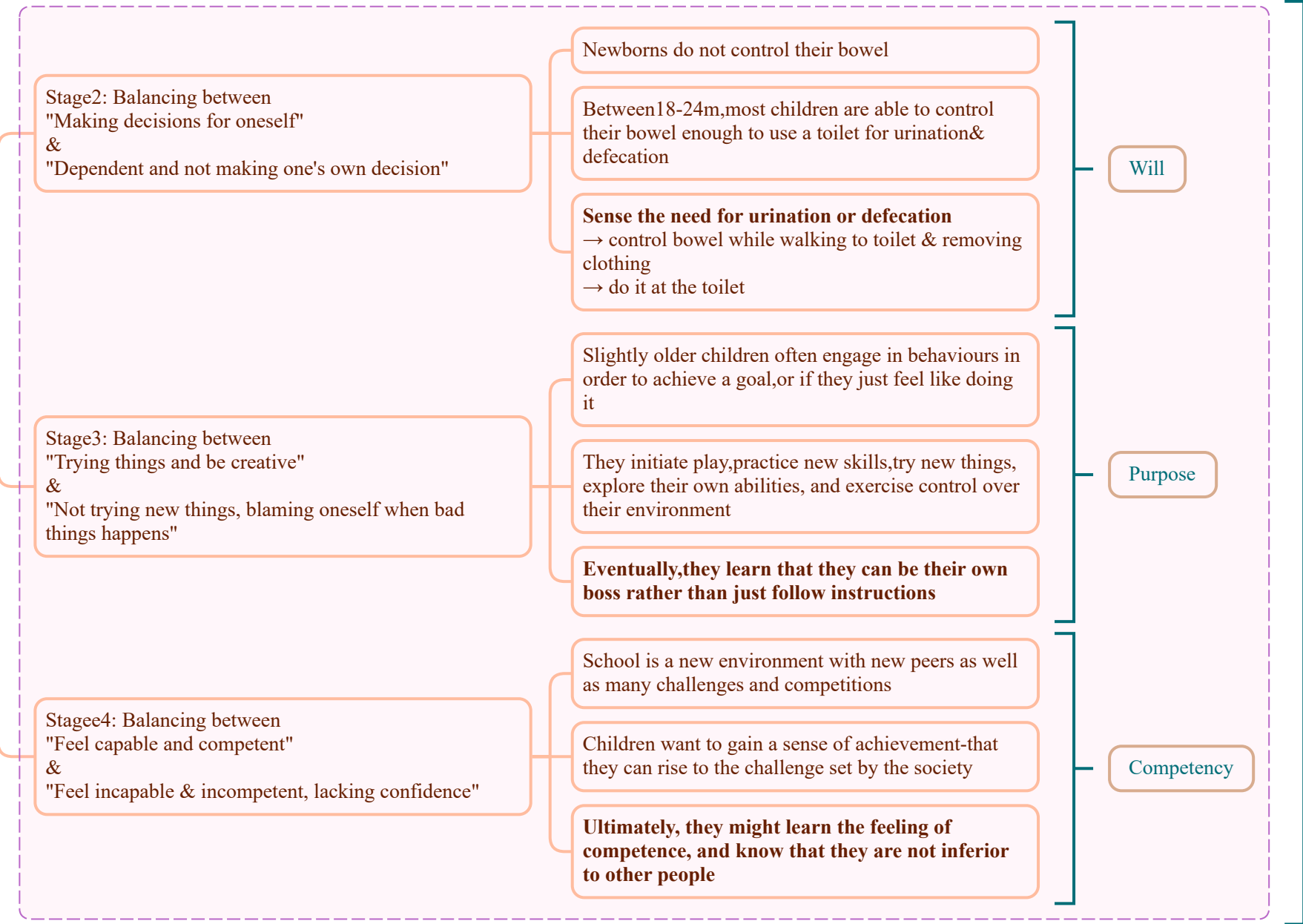


Identity & Identity Crisis

Erikson’s Stages Two to Four



Identity

- Personal identity (or just identity) is an individual's sense of self
- A sense of continuity
- A sense of uniqueness from others
- A sense of affiliation (incl. personal, ethnic and national, religious, gender etc.)

Formation / Adopting of Identity

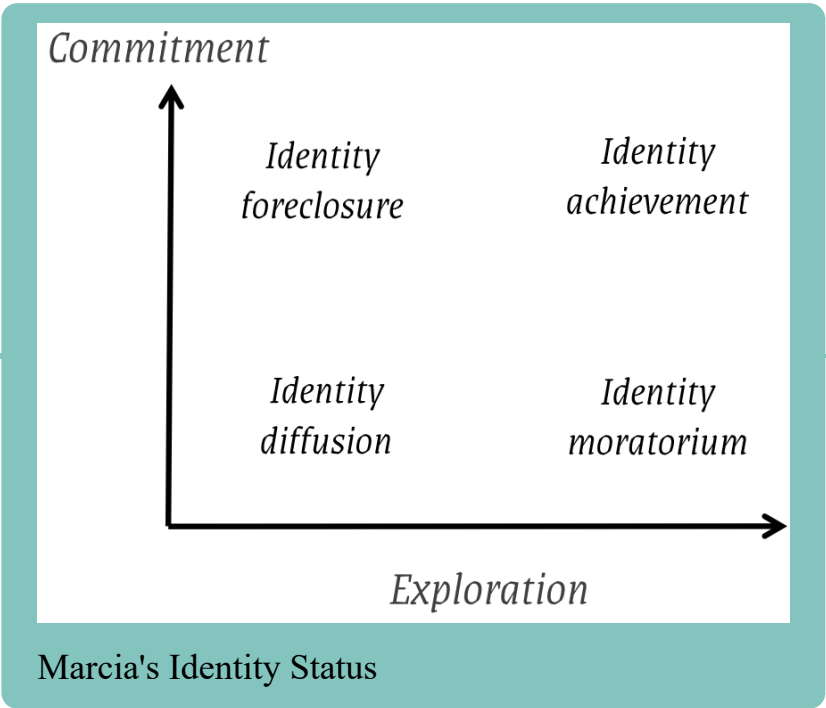
- Biological
- Psychological
- Social

Identity Crisis

- lack of identity
- conflicting identities
- premature commitment to an unsuitable identity  
过早地承诺一个不合适的身份

James Marcia's Theory of Identity Status

- Commitment:  
**Degree by which one commits to one particular identity**
- Exploration:  
**Degree by which one explores different alternatives**



- Identity Diffusion:**  
Neither committed to values and goals nor actively trying to reach them
- Identity Foreclosure:**  
Committed to values and goals without exploring alternatives
- Identity Moratorium:**  
Still in the process of exploring; not yet made definite commitments
- Identity Achievement:**  
Having already explored alternatives, committed to a clearly formulated set of self- chosen values and goals

**Conclusion:**  
**A person's behaviour might be explained by how much they are exploring an identity and how much they are committed to it.**

- Pre-teen children can form their own identity,and can also try on different roles and identify with different groups  
青春期前的孩子可以形成自己的身份， 也可以尝试不同的角色， 认同不同的群体
- However,teens are usually the most active in search for identity-try to find their authentic self  
然而， 青少年通常是寻找身份最活跃的人——试图找到真实的自我
- Changing identity from what was prescribed by their parents earlier,or new identity due to new circumstances  
改变父母先前规定的身份， 或因新情况而改变新身份