

## **Title: Changes in the “Self-concept” in Emigration**

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### **01. When you were departing from your country, did you have a feeling of losing yourself, identity?**

(Single selection)

- Yes, I felt like I became 'no one' in the new place.
  - Partly, I felt a disconnect between the 'old' and the 'new' me.
  - No, I immediately felt like myself.
  - I didn't think about it.
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### **02. How have you changed internally since moving?**

(Rate on a scale from 1 to 10)

1 = remained the same

10 = completely changed

(Scale from 0 to 10)

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### **03. What helped you maintain the feeling of “I am Me”?**

(Multiple choice)

- Communicating with people from your own culture
  - Familiar rituals (food, music, style, etc.)
  - Work or study
  - Social media management / photo / blog
  - Nothing, I just changed with the circumstances
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### **04. Or maybe you moved just for the change? Radical changes?**

(Multiple choice)

- Yes, I wanted to get away from my old self
- Yes rather than no
- Probably not, rather than yes

- No, I didn't want to change, I just had to
  - I find it difficult to answer
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**05. What explains the most about the change in your self-perception after moving?**

(Multiple choice)

- A clash with the values of a new culture
  - Irritation and misunderstanding, which later transformed into consideration
  - Communicating with the removal of another culture
  - Comparison of culture (native and new)
  - Introspection (without interrupting directly with the new culture)
  - Nothing has changed — I am still myself
  - The admiration of new opportunities, the removal of previous restrictions
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