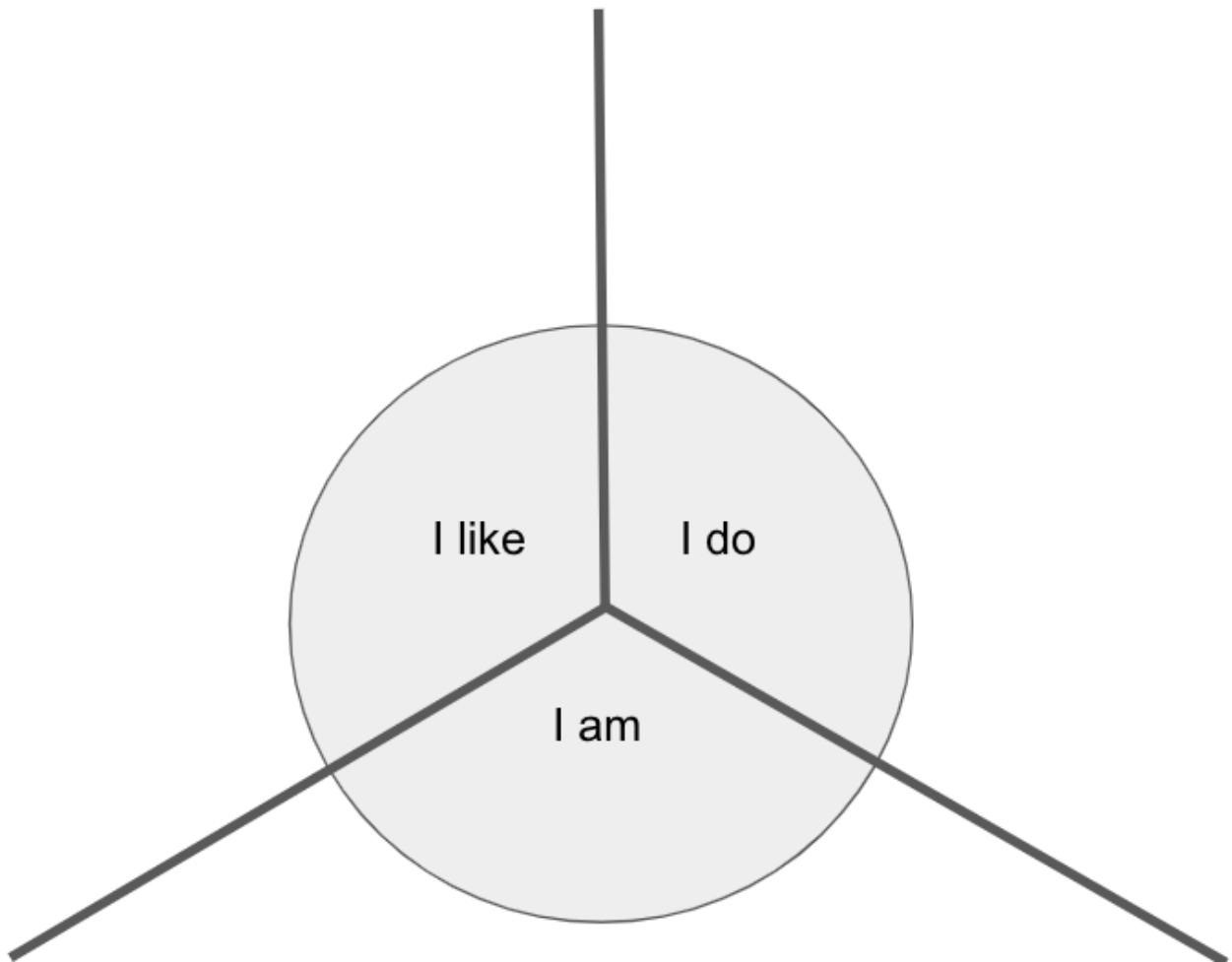




Identity Model

Instructions: Explore your current identity using the identity model below. In each category of the model fill out what you like in the “I like” section, your current roles or things that you do in the “I do” section, and who you are, or what kind of person you are, in the “I am” section.





Now that you have filled out the identity model and have explored who you are right now, contemplate the following questions and be ready to share your thoughts in class with other spouses in a breakout session.

Identity Model Breakout Group Questions

What insights about yourself did you have after you filled out the identity model?

What do you want to change?

What do you want to become?

What do you want to do?

What is keeping you/your family from becoming the person/family you want to be?