



— L E N S S —

Identity

Exploring the layers that make up who you are.

Our identity is a fundamental aspect of who we are, influencing our relationships, decisions, and overall well-being. These questions are based on helping self-discovery, inviting you to explore the various layers that make up your identity. From the influence of your environment and culture to the way others see you and how you perceive yourself, we will navigate the complexities of identity together.

By looking at these topics and engaging in reflective exercises, you will gain a deeper understanding of yourself, uncover hidden aspects of your identity, and pave the way for personal growth and self-acceptance.

Environmental Factors

- How has your environment affected how you see your own identity?
- Think about the era, country, and culture you were brought up in. What were the social norms at that time, and how do they impact your thinking now?

Sharing Identity

- Who do you feel safe sharing your identity with, and why?
- What might you share with a friend and not your boss, and what drives this choice?

Perception by Others

- How do others see you, and have you ever asked friends how they see you?
- Task: Ask 3 friends how they experience you and request 2 pieces of positive feedback and 1 piece of constructive feedback that could potentially enhance your relationship with them.
- What is important to you when it comes to other people's experiences of you?

Dealing with Shame

- Are there parts of your identity that you feel shame about? How has this impacted you, and does it mean there are parts of your identity that you hide from some?

Abilities and Disabilities

- What are your abilities and disabilities?



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Achieving Your Desired Identity

- Are you the person you wanted to be? If not, what has gotten in your way?
- What changes at this point in your life would you need to make to become that person?
- Is the person you wanted to be realistic or just a fantasy?

Public vs. Private Identity

- How do you want the world to see you vs. how you see yourself?
- How much are you masking, and what/who is the mask for? Is it protecting you or the world or both? Is it just protecting you from the world's questions?

Assessing Roles

- Think about all the roles you have in your life. Which ones make you feel good and why? Which ones do you feel you fail terribly at? What might you need to do to change the feeling? What has been a block in change before?