**Edward Christian Church Identity: *Who Are You?* June 28, 2016 pt2**

**What** is your **real identity**? What **is** an **identity**? **Is** **identity** something you are **born** with? Is it **changeable** or **never** able to **change**?

**What Is an Identity Crisis?**

* An identity **crisis** is a period of **difficult** **transition**, such as **adolescence** or **midlife**, when the **visible**you severely **conflicts** with the **real you**—causing **pain, distress** and a **desire** for **change**
  + *"****Who******am*** *I?"*
  + *"****What*** *do I* ***believe*** *in?"*
  + *"****What******values*** *should I* ***live*** *by?"*
  + *"****What*** *do I* ***want*** *to do with my* ***life****?"*

*"Folly delights a man who lacks judgment, but a man of understanding keeps a straight course."*

**Proverbs 15:21**

* An **identity** crisis is a period of severe **disillusionment** when your identity is based on a **role** or **relationship** that has been changed or removed
  + The **loss** of a **job\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  
       **Identity** was in your **career** (a role).
  + The **loss** of a spouse due to **death** or **divorce\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  
       **Identity** was in your marriage **partner** (a relationship).
  + The "**empty** **nest**"\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
       **Identity** was in being a **parent** (a role).
  + A **move** from a secure **environment\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  
       **Identity** was in your **friends** and **family** (a relationship).
  + The **onset** of a **disability\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  
       **Identity** was in your ability to **perform** (a role).
  + The **loss** of an intimate **friendship\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  
       **Identity** was in a cherished **companion** (a relationship).
  + A **financial** loss\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
       **Identity** was in your **social** **status** (a role).

*"Do I have any power to help myself, now that success has been driven from me?"* -**Job 6:13**

* This identity crisis can be a severe form of identity **confusion** from **childhood** **trauma** or **sexual** abuse
  + **Loss of Sexual Identity\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  
       (**rejecting** your God-given sexuality)
  + Bizarre **Dressing** or **Cross-Dressing\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  
       (**taking** on a different identity, so as to feel significant)
  + **Victim** Mentality\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
       (feeling **powerless** in **relationships**)
  + **Dissociative** Disorders\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    - **Amnesia** =temporary memory loss
    - **Fugue =**starting life over with a new identity
    - **Multiple Personality Disorder** =adopting 2+ personalities as a way of coping with life

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