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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