

# The Complexity of Identity: “Who Am I?”

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The concept of identity is a complex one, shaped by individual characteristics, family dynamics, historical factors, and social and political contexts. Who am I? The answer depends in large part on who the world around me says I am. Who do my parents say I am? Who do my peers say I am? What message is reflected back to me in the faces and voices of my teachers, my neighbors, store clerks? What do I learn from the media about myself? How am I represented in the cultural images around me? Or am I missing from the picture altogether? As social scientist Charles Cooley pointed out long ago, other people are the mirror in which we see ourselves.<sup>1</sup>

This “looking glass self” is not a flat one-dimensional reflection, but multidimensional. How one’s racial identity is experienced will be mediated by other dimensions of one-self: male or female; young or old; wealthy, middle-class, or poor; gay, lesbian, bisexual, transgender, or heterosexual; able-bodied or with disabilities; Christian, Muslim, Jewish, Buddhist, Hindu, or atheist. ...

What has my social context been? Was I surrounded by people like myself, or was I part of a minority in my community? Did I grow up speaking standard English at home or another language or dialect? Did I live in a rural county, an urban neighborhood, a sprawling suburb, or on a reservation?

Who I am (or say I am) is a product of these and many other factors. Erik Erikson, the psychoanalytic theorist who coined the term *identity crisis*, introduced the notion that the social, cultural, and historical context is the ground in which individual identity is embedded. Acknowledging the complexity of identity as a concept, Erikson writes,

We deal with a process “located” in the core of the individual and yet also in the core of his communal culture.... In psychological terms, identity formation employs a process of simultaneous reflection and observation, a process taking place on all levels of mental functioning, by which the individual judges himself in the light of what he perceives to be the way in which others judge him in comparison to themselves and to a typology significant to them.<sup>2</sup>

Triggered by the biological changes associated with puberty, the maturation of cognitive abilities, and changing societal expectations, this process of simultaneous reflection and observation, the self-creation of one’s identity, is commonly experienced in the United States and other Western societies during the period of adolescence.<sup>3</sup> Though the foundation of identity is laid in the experiences of childhood, younger children lack the physical and cognitive development needed to reflect on the self in this abstract way. The adolescent capacity for self-reflection (and resulting self-consciousness) allows one to ask, “Who am I now?” “Who was I before?” “Who will I become?” The answers to these questions will influence choices about who one’s romantic partners will be, what type of work one will do, where one will live, and what belief system one will embrace. Choices made in adolescence ripple throughout the lifespan.

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