

# Workshop: Your Identity is You

Terri Lance, PhD



# How does this new lifestyle fit with becoming part of your identity?

- Identity encompasses the values people hold, which dictate the choices they make. An identity contains multiple roles—such as a mother, teacher, and U.S. citizen—and each role holds meaning and expectations that are internalized into one's identity. Identity continues to evolve over the course of an individual's life.
- Identity encompasses the memories, experiences, relationships, and values that create one's sense of self. This amalgamation creates a steady sense of who one is over time, even as new facets are developed and incorporated into one's identity.
- Identity includes the many relationships people cultivate, such as their identity as a child, friend, partner, and parent. It involves external characteristics over which a person has little or no control, such as height, race, or socioeconomic class. Identity also encompasses political opinions, moral attitudes, and religious beliefs, all of which guide the choices one makes on a daily basis

# Do you have other aspects of your identity that shape your decisions?

- **Religious/spiritual/belief systems?**
- **Your familial roles?**
- **Your career?**
- **Your cultural beliefs/traditions?**
- **Your health?**

# How to make incorporate this as part of your identity...

- **What food is your food?**
- **What eating behaviors do you engage or not?**
- **How do you handle social events/celebrations?**
- **How do you approach restaurant menus?**
- **What do you say when invited to dinner?**

# Your identity?

**What identity about your relationship with food and when you eat do you want to incorporate moving forward?**