

PsychSim 5: WHO AM I?

Name: _____ **Section:** _____

Date: _____

This activity will help you understand Erik Erikson's perspective on identity formation, as well as James Marcia's four steps or stages in the identity process.

Your Results

- What was your exploration score? _____
- What was your commitment score? _____

Paths to Identity Achievement

- How did Erikson define identity achievement? What combination of exploration and commitment scores are seen?
- What is diffusion? What combination of exploration and commitment scores are seen?
- What is foreclosure? What combination of exploration and commitment scores are seen?
- What is moratorium? What combination of exploration and commitment scores are seen?

Marcia's Identity Status Model

- After considering your identity status classification based on the initial questionnaire, do you believe that your classification was accurate?
- Which of Marcia's four statuses best fits you right now?
- Why you would not classify yourself as being in the other three statuses?