

# STAGE ONE: KNOW YOUR IDENTITY

## CHAPTER 4: DISTRACTED IDENTITY

Who are you?

What are the first words or phrases you use to describe who you are?

How are you living and behaving in such a way to get “likes”?

When do you avoid difficult conversations because you don't want to upset someone or hurt feelings?

How does your behavior change in different settings? Are you one person at work, another at home, and yet another when you are with your friends, by yourself, or at church?

What values, behaviors, and characteristics best define who you are?