

IDENTITY CRISIS THERAPY QUESTIONS

1. What are the key aspects of your self-image that you find difficult to reconcile with your daily experiences?
2. How do you feel about the way you present yourself to others, and how does it affect your sense of identity?
3. What do you believe are the most significant internal conflicts that arise when you think about who you are?
4. How do you cope with the moments when your self-image feels fragmented or inconsistent with your actions?
5. What do you think are the main influences that have shaped the way you perceive yourself over time?
6. How do you respond internally when your self-perception is challenged by external situations or people?
7. What are the thoughts or feelings that arise when you are unsure about the person you believe yourself to be?
8. How do you manage the tension between the person you think you should be and the person you actually are?
9. What aspects of your self-perception do you find most difficult to explain or express to others?
10. How do you evaluate the consistency of your self-perception in different areas of your life?
11. What are the core values that you find yourself questioning or re-evaluating during times of uncertainty?
12. How do you navigate situations where your deeply held beliefs are in conflict with your actions or decisions?
13. What internal struggles do you face when your values seem to be at odds with each other?
14. How do you determine which of your beliefs truly resonate with your authentic self during moments of doubt?
15. What challenges arise for you when your values are questioned by others, or when they don't align with societal expectations?
16. How do you handle the emotional turmoil that comes with questioning long-held beliefs or values?
17. What are the experiences that lead you to question whether your beliefs genuinely reflect who you are?
18. How do you process the dissonance between what you value and what you find yourself prioritizing in reality?
19. What steps do you take to reaffirm your values and beliefs when you feel disconnected from them?
20. How do you resolve the confusion that comes when your beliefs are challenged by new information or experiences?
21. What are the feelings you experience when you sense that your identity is influenced by those around you?
22. How do you differentiate between your true self and the version of yourself that others expect you to be?
23. What do you struggle with the most when your sense of identity seems to shift in different relationships?
24. How do you maintain a sense of who you are when relationships challenge your understanding of yourself?
25. What are the difficulties you face in balancing your needs with the expectations of others in close relationships?
26. How do you feel when you notice a discrepancy between how you see yourself and how others perceive you?
27. What internal conflicts arise when your identity feels dependent on the roles you play in relationships?
28. How do you navigate the tension between staying true to yourself and meeting the demands of important relationships?



Questions Of Identity

LP Steffe



Questions Of Identity:

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