

A person wearing a teal shirt is shown from the chest down, sitting at a desk and typing on a laptop. The laptop is open, and the person's hands are on the keyboard. A large, bold, black text 'IDENTITY' is overlaid on a tan rectangular background in the center of the image. Above the text, there are faint white icons of a person and a document. The background is a blurred office setting with a window showing a bright light.

IDENTITY

1st Year _____io

Introduction



Talk about ...
IDENTITY

MOTIVATION

【Before】

Didn't feel like I had my own identity in
JAPAN

JAPANESE (me, my family)
A high school student etc.

Due to an event...

Able to understand a little about IDENTITY

Image: Pixabay

OUTLINE

A photograph of a modern library interior. The room features curved wooden bookshelves filled with books, arranged in a circular or semi-circular pattern. The ceiling is illuminated with a soft blue light, and the overall atmosphere is warm and intellectual.

1. What is IDENTITY?

2. "Who am I?"

3. What danger occurs when you hide who you are?

4. Relationship between Identity and Me.

5. How can we overcome IDENTITY CRISES?

Image: Pixabay

What is Identity?

Psychology Today Staff. (2025). *Identity*
para.1-2

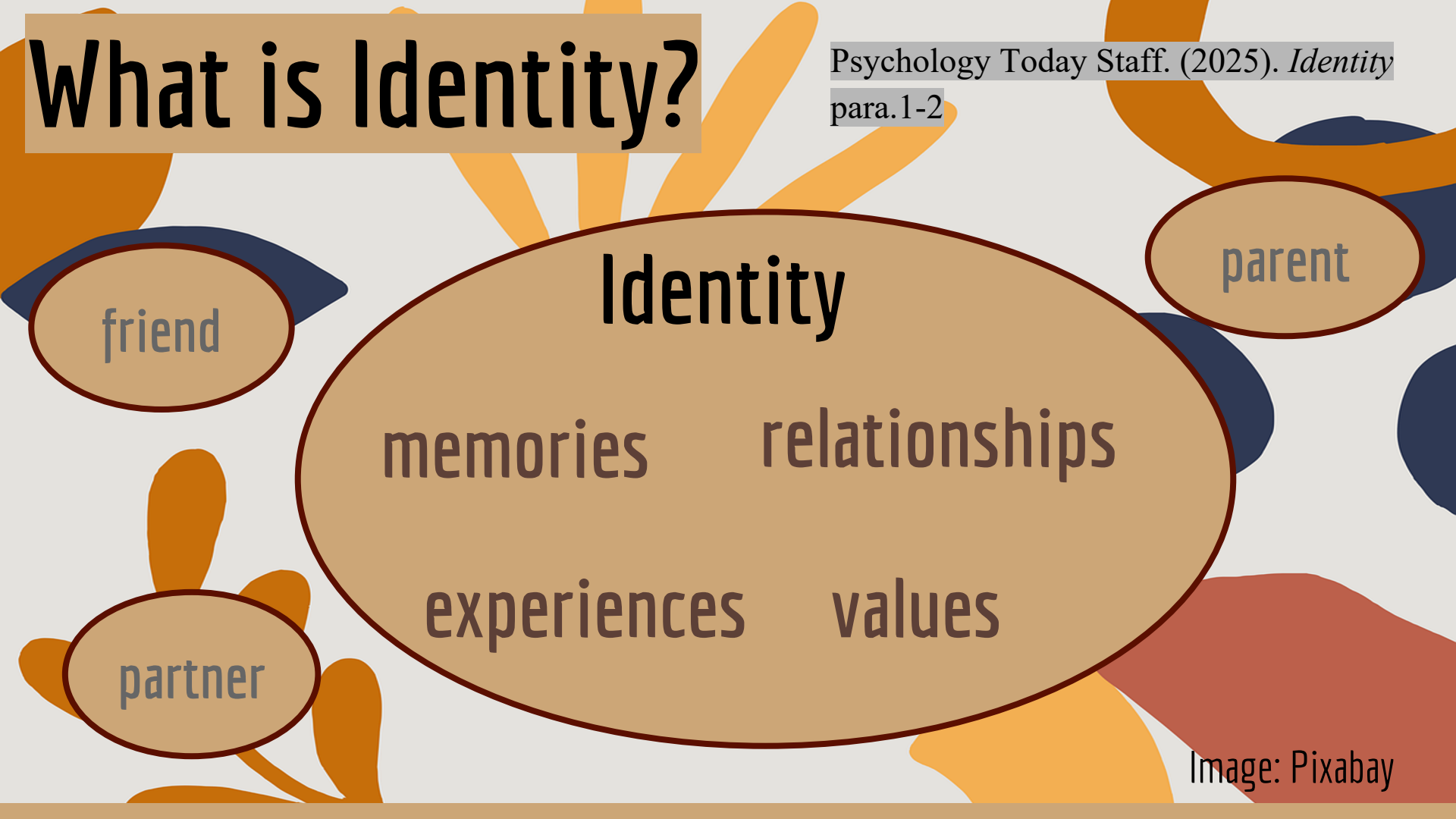


Image: Pixabay

“Who am I?”

Adkins, A. (2015, August 12). *Who am I? A philosophical inquiry* [Video]. TED Ed. (0:45-1:12)

→ hard to answer complex

past

today

future

?

“|”

?

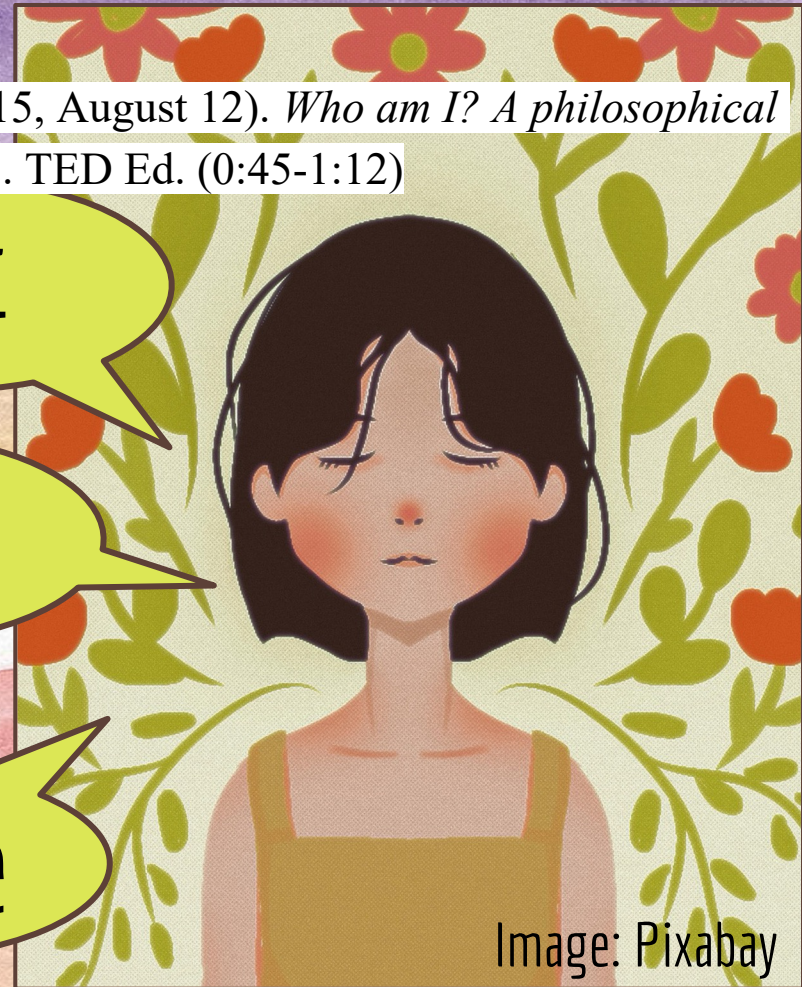


Image: Pixabay

“Who am I?”

Adkins, A. (2015, August 12). *Who am I? A philosophical inquiry* [Video]. TED Ed. (1:15-1:20)

physical
body

mind

actions

thoughts
/feelings

I

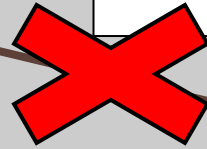
Which aspect?

circumstances
emotions
→ change

Stay the same

Why do people discriminate?

Sechrest-Ehrhardt, L. (2023, August, 25).
Social identity and social interaction [Video].
(8:00-8:40)



different
religion

talk
different

dress
funnny



Why do people discriminate?

Sechrest-Ehrhardt, L. (2023, August, 25).

Social identity and social interaction [Video].

(8:00-8:40)

People usually...

celebrate diversity, excited/love it!

However

sometimes... (someone looks/sounds/talks different)

don't like it/ don't celebrate it.

What danger occurs when you hide who you are?

The danger of hiding who you are
(1:00-5:40)

Speaker realize she is “unique” - ❌ club activity ❌ readership activity

The danger of hiding who you are

She is lesbian.

She hides true self scary harder to speak out.

【Contribution to bad environment】

heart disease suicide violence

Image: Pixabay

What danger occurs when you hide who you are?

The danger of hiding who you are
(5:41-8:50)

“There are more scary things inside than outside”-Paradise

【Ideal】 diversity of society reflect in work

【Reality】 she has done **nothing**

facing my fears inside→change fears outside

Image: Pixabay

Relationship between Identity and Me

2017

JAPAN → AMERICA

SAN FRANCISCO and LOS ANGELES

2197894239

【Before traveling】

ASIAN → may be discriminated ?

feelings of ...

fear, anxiety

Image: Pixabay

Relationship between Identity and Me

【After traveling】

America → “Racial salad bowl”

talked to me kindly regardless of **race**

Respecting one's **own identity** that is **different from others.**

Image: Pixabay

How can we overcome IDENTITY CRISES?

A state in which one cannot clarify one's role, purpose in life, goals, etc.

Loss of self-identity or confusion

1337857943

1. Deepen self-understanding
2. Trying new experiences
3. Connecting with people who have had similar experiences

Image: Pixabay

How can we overcome IDENTITY CRISES?



1. Deepen self-understanding

Reflect on past experiences /

Reassess your values, goals, strengths and weaknesses

2. Trying new experiences

Rediscover yourself in new environments and relationships

3. Connecting with people with similar experiences

May provide some clues for your search for identity

CONCLUSION

“Who am I” → complex hard to answer people tend to discriminate when the person is different from them.

Hiding true self → contribute to some bad environment.

By traveling abroad... found my own IDENTITY accepted IDENTITY

【How to overcome IDENTITY CRISIS】

1. Deepen self-understanding
2. Trying new experiences
3. Connecting with people who have had similar experiences



References



Adkins, A. (2015, August 12). *Who am I? A philosophical inquiry* [Video]. TED Ed.

<https://www.youtube.com/watch?v=UHwVypIU3Pg>

Baily, M. (2014, November). *The danger of hiding who you are* [Video]. TED Talk@State Street London.

https://www.ted.com/talks/morgana_bailey_the_danger_of_hiding_who_you_are?referrer=playlist-what_does_it_mean_to_express_yourself&autoplay=true

References



Psychology Today Staff. (2025). *Identity*.

<https://www.psychologytoday.com/us/basics/identity>

Sechrest-Ehrhardt, L. (2023, August, 25). Social identity and social interaction [Video].

TedxGeorgeMasonU. <https://www.youtube.com/watch?v=29C3ts4YxAA>



Q and A





Thank you for listening !!