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Table 11

Properties of the seven approaches to identity development.

The matrix summarizes characteristic assumptions and properties of the seven approaches to developing an identity. Note that the type of identity is also the form of the dominant reality and descriptive of the nature of human existence. The lower term of the duality is the stabilizing core of identity and the upper term is the growth-promoting potential (or source of hope). See text for further details.

L	Type of Identity*	Embedded in:	Boundaries	Identity Needs: Drive & Supplies	Satisfaction (Lack)	Well-Poor Functioning	Inherent Duality	Example Vocations
I'	<b>Sensory being</b>	Physical environments	External and diffuse	Equilibrium met by providing stimulation.	Sensory contact (Neglect)	Integrated — Overwhelmed	Activity and Receptivity	Decorator Fashion model
II'	<b>Vital being</b>	Body structures and functioning	Internal and distinct	Vitality met by providing concentration.	Controlled activity (Fatigue)	Energetic — Debilitated	Symbolic function and Instinctual function	Sportsman Dancer
III'	<b>Emotional being</b>	Feelings and flows of feeling	External and diffuse	Attachment met by providing value.	Emotional containment (Feeling bad)	Constructive — Destructive	Mental states and Body states	Social worker Psychotherapist
IV'	<b>Individual being</b>	A world of people	Internal and distinct	Self-esteem met by providing respect.	Acceptance from others (Rejection)	Genuine — False	The other and The self	Author Actor
V'	<b>Relational being</b>	Relationships and networks	External and diffuse	Self-actualization met by providing recognition.	Gratification of wishes (Frustration)	Liberated — Inhibited	Individuality and Group	Entrepreneur Leader
VI'	<b>Social being</b>	Society at a point in history	Internal and distinct	Participation met by providing responsibility.	Intentional activities (Aimlessness)	Involved — Detached	Situation and Role	Official Campaigner
VII'	<b>Transpersonal being</b>	The All (Cosmos/Being)	External and diffuse	Spirituality met by providing faith.	Union with the other/Being (Meaninglessness)	Serene — Anguished	God and Soul	Priest Poet

\*Terms like 'individual', 'self' and 'existence' are frequently applied instead of 'being' to several or all the identity descriptors.