

IDENTITY WHEEL JOURNAL

What part of your identity is most important to you?

There is no "one" part of my identity that is most important; the *balance* of these individual parts which forms the sum of who I am feels most important. I want to be perceived as someone who is commonly human, impartial, humble and therefore similarly imperfect. If this Identity Wheel had a third dimension to it, it might have a dimension of *self* versus *ideal self* versus *reality*. Having alignment along these three dimensions (who I am, who I want to be, and who others think I am) is what is most important to me.

What part of your identity are you most comfortable sharing with other people?

It is easiest to share simple things like my hometown of Lanikai, Hawaii; I find most people have something to say about Hawaii - typically they have fond thoughts or memories of Hawaii or want to visit.

What part of your identity are you least comfortable sharing with other people?

I believe religion is the toughest issue to discuss with others. It's not an elevator-pitch kind of topic and the subject matter area is rife with misapplied labels and perception bias; sharing my opinion about my beliefs seems wasteful compared to connecting with people on other topics.

For what part of your identity do you feel that you receive privilege most often?

Economic. I have experienced the lowest SES and the highest. I have felt shame at both extremes because of how others have reacted or treated me. When in the lowest SES you can be treated as invisible, insignificant, and disposable. At the highest, you can be perceived as entitled, greedy, and therefore, obligated to pay more than others for the same services/products. I sometimes experience resentment from people who think it was 'easy' for me, or that somehow I earned my SES in a way that is unfair or dishonest. It was a huge staircase to climb out of poverty. I have and continue to work very hard.

For what part of your identity do you feel that you face oppression most often?

This has varied throughout my life. Since I am of mixed ethnicity, I have felt prejudice in some places and yet have been accepted into local cultures and therefore given preferential treatment, e.g. in Hawaii, Indonesia, Mexico and even Peru. However, as a woman and especially when I was an executive, I experienced gender oppression. Similarly, however, my gender also provided privilege in some instances. So - it depends on the context/environment.

Gender

I am female. I have always identified as female. I do think I have some "masculine" thoughts but I say that with awareness that thoughts themselves are not gender-specific. It is likely because of my executive level position in the workplace (in industries dominated by men, who tended to confide and share with me).

Age

I am 50. I feel 35. Except there are some physical things that I am starting to notice when I am training. And my vision, right on schedule with far-sightedness (Berk, 2017).

Nationality

I am a US citizen legally but am a Hawaiian citizen in truth. All nationalities are geopolitical constructs so it is useful only to establish a perspective; I like to judge people as individuals regardless of their nationality.

Physical/ Mental (Dis)Ability

Extremely fortunate to have excellent physical health but suffered with C*PTSD for most of my life. This is what drives me to the WFU program. I want to help bring more awareness of Developmental Trauma and ACES, and bring relief to those who continue to suffer from CPTSD and generational trauma.

Sexual Orientation

Hetero.

Ethnicity

Native Hawaiian, Pacific Islander. My mother, when she was born, was a Hawaiian citizen. I am very proud of the Royal Hawaiian history and angry that a dozen white business men, including Sanford Dole, overthrew the Hawaiian government. Discussions about black reparations can be triggering for me, as I view many other cultures as being usurped as well. As I get older, these kinds of equality issues become more important to me as instructional to others (generativity).

Race

Thanks to 23 and Me, I know I am about half Pacific Islander, and European American. I am a composite of Polynesian (Hawaiian, Filipino, Korean) and German, French and some White Russian (Belarus) and Spanish. Interestingly, my grandmother knew of all this well before it was common to have genetic testing. She was the first woman to dance hula on national television - the Johnny Carson Show.

Education

I am a lifelong learner. Education is what lifted me out of a chaotic childhood. The opportunities I was then able to pursue and the people whom I met were essential to breaking out of the lowest SES and low HOME environment. Education can never be taken from you; so that has been an aspect of my life that I have fully invested.

Political Belief

I am apolitical; I consider myself fiscally conservative but socially quite progressive. There are too many labels in politics. I want people to vote on issues versus candidates. Our political system is so broken due to dark money. There are so few moral individuals in politics. I have good friends in the highest levels of our government; they have such a unique set of talents to walk the line between governance and politics. It's a job I would not wish on anyone (that is moral), but one that every fiend desires for the power and wealth-building capacity of being in politics.

Work / Job

I have worked my entire life. As a child, I sold potted plants and flowers. I have worked summer jobs since I was 13, when I was in high school (I skipped two grades). I worked full-time immediately after graduating; my earliest jobs were well beyond what most kids my age were doing. I was promoted to management at 17; my career was my entire identity. I ignored my chaotic personal life to which a mentor once noted that "my professional life was perfect but my personal life was hell." After working full-time through the birth of my son, I was in my office Monday morning after delivering him on the prior Wednesday. He came with me to work everyday. I retired when I was in my mid-forties. I chose to return to school for this program so that I can contribute for the next generative (per Vaillant) stage of my life.

Favorite Food

I like well-sourced food. I have been through phases where I wanted food based on comfort/familiarity. Then, I wanted only healthy foods - fad foods. Finally, as I learned much more about food supply, food production and food economics, I now feel strongly that we all need to rethink our approach to food. We consume far too much, too wastefully, and without regard for limited natural resources AND the ill effects of a high calorie, poor diet. I like plant-strong, locally-sourced, naturally plentiful, seasonal foods so my diet changes based on when/where I am located. We need to rebalance the supply of food to reach more "calorie equitability" across our planet. I owned a restaurant that practiced these philosophies and won awards for it. I know people support this idea when given the option and awareness!

Religious or Spiritual Affiliation

I was raised Roman Catholic, then learned through comparative religion courses that my opinions of religion changed. Now, I am spiritual in that I believe in our interconnectedness. My beliefs are complex. I will admit that I am perhaps a little intolerant of those who justify killing others or ranking importance in the name of any deity.

Socioeconomic Status

I have scaled from the lowest SES to the highest. I am ashamed of both extremes because of how others have reacted or treated me. When in the lowest SES you can be treated as invisible, insignificant, and disposable. At the highest, you can be perceived as entitled, greedy, obligated to pay more than others for the same services/products. I feel a lot of resentment from people who think it was 'easy' for me, or that somehow I earned money in a way that is unfair or dishonest.

Hometown

I am from paradise - Lanikai, Hawaii. It is now home exclusively to billionaires, and I mourn that it is no longer the same town that I remember. Although my childhood was chaotic and far from ideal, it taught me from the earliest age that a beautiful, natural setting is far more valuable than any sized home.

Family

My family is chaotic. I did not have a secure attachment with either parent; I was raised in part by a very chaotic Aunt. I think I can validate that I adopted a Resistant Attachment style (Berk, 2017, P476) - it became paramount for me to merge with a partner to feel whole. Over time, I finally have a secure attachment with a partner who has helped me re-learn, or "update" my attachment style.

Language

I speak English as my primary language. I was exposed to Hawaiian, Korean, Filipino and Spanish as a child; I studied French and became quite proficient. I learned Bahasa (Indonesia) as an adult. Now, languages are hard for me to absorb although I absolutely love learning them, especially as a way to honor people when I visit their country/location.