

Identity integration vs. Identity diffusion

Scale 1:
Identity-Continuity vs.
Discontinuity
Ego-Stability, intuitive-emotional „I“
(„Changing while staying the same“)

Scale 2:
Identity-Coherence vs.
Incoherence
Ego-Strength, defined „ME“
(„non-fragmented self with clear
boundaries“)

psychosocial
functioning

Sub 1.1: **Stability in attributes** /
goals vs. lack of perspective
F1: capacity to invest / stabilizing
commitment to interests, talents,
perspectives, life goals
F2: stable inner time-line, historical-
biographical self, subjective self-
sameness, sense of continuity
F3: stabilizing moral guidelines and inner
rules

Sub 2.1: **Consistent self** image vs.
contradictions
F1: same attributes and behaviors with
different friends or situations,
consistent appearance
F2: no extreme subjective
contradictions / diversity of self-
pictures, coherent self-concept
F3: awareness of a defined core and
inner substance

self-related
intrapersonal
„Me and I“

Sub 1.2: **Stability in relations** /
roles vs. lack of affiliation
F1: capacity to invest / stabilizing
commitment to lasting relationships
F2: positive identification with stabilizing
roles (ethnic - cultural - family self)
F3: positive body-self

Sub 2.2: **Autonomy** / ego-strength
vs. over-identification, suggestibility
F1: assertiveness, ego-strength, no
over-identification or over-matching
F2: independent intrinsic self-worth, no
suggestibility
F3: autonomous self (affect) regulation

social-related
interpersonal
„Me and You“

Sub 1.3: Positive **emotional self**
reflection vs. distrust in stability of
emotions
F1: understanding own feelings, good
emotional accessibility
F2: understanding others' feelings, trust
in stability of others' feelings

Sub 2.3: positive **cognitive self**
reflection vs. superficial, diffuse
representations
F1: understanding motives and
behavior, good cognitive
accessibility
F2: differentiated and coherent mental
representations

mental
representations
accessability and
complexity concerning
own and others'
emotions / motives