This activity will help you understand Erik Erikson’s perspective on identity formation, as well as James Marcia’s four steps or stages in the identity process.

Your Results
- What was your exploration score? _________
- What was your commitment score? _________

Paths to Identity Achievement
- How did Erikson define identity achievement? What combination of exploration and commitment scores are seen?
  - What is diffusion? What combination of exploration and commitment scores are seen?
  - What is foreclosure? What combination of exploration and commitment scores are seen?
  - What is moratorium? What combination of exploration and commitment scores are seen?

Marcia’s Identity Status Model
- After considering your identity status classification based on the initial questionnaire, do you believe that your classification was accurate?
  - Which of Marcia’s four statuses best fits you right now?
  - Why you would not classify yourself as being in the other three statuses?