

the unfolding identity project

Based on the novel, **Finding Perfect** by Elly Swartz (FSG, 2016)

In the novel, Molly's view of herself differs greatly from how others perceive her. Although Molly's OCD makes her situation unique, we are all a little like Molly – who we present to the world is not always in perfect alignment with who we are on the inside. Let's explore folding and unfolding our identity with this activity.

writing identity

We are going to begin with some writing. Starting with the outer layers of our personality, we are going to write our way in closer and closer to who we are.

- 1) Pull out the sheet on page 2.
- 2) In sections 1-4, write four words or phrases that represent the person you share with the world. Are you a singer, a dancer, or a baseball player? A brother, a sister, or a cousin? A math whiz, a fearless climber, or a reader?
- 3) In sections 5-12, write eight words or phrases that represent the person you share with teammates, lab partners, cousins, or social media. What do they know about you, that everyone may not?
- 4) In sections 13-20, write eight words or phrases that represent the person you share with close friends and family, but never beyond this group. How would they describe you?
- 5) In sections 22-28, write eight words or phrases that represent the person you keep close. These are the traits and feelings that are not always shared. Who you are as a person, what you believe, your strengths, weaknesses, fears, dreams, interests, views.
- 6) Locate some scissors, and cut out the square.

Share your experience and ideas with
Elly at EllySwartz.com.

folding identity

Now, let's fold those closer feelings inwards.

- 1) With the writing inside, fold two opposite diagonal corners together, then open back up.
- 2) Fold the other two opposite corners together then open back up.
- 3) Turn the paper writing side down. Fold all four corners to the center of the paper.
- 4) Flip your paper over and again fold all four corners to the center of the paper.
- 5) Slide your hands under the paper and close your hands, folding the paper in half.
- 6) Slide your thumbs and index fingers under the four open flaps and up into the folded, pointed corners.
- 7) Finally, bring your thumbs and index fingers and pointed corners together until points meet. Only your outer self or numbers 1-4 should show.
- 8) Explore the levels. Do the inside and outside sections make-up the whole you?
- 9) You can collapse the paper into a small square fold. Tuck it safe inside a pocket or bag to explore later. Try to envision how all the levels of your self can become more integrated.

No one is just one section. No one is just one thing. Together you are a blend of the all your wonderful attributes, inside and out!

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Follow the instructions on page 1 to use this grid to fold and unfold your identity.

