

The Identity Quiz

This quiz, based on Dr Susan Krauss Whitbourne's 2012 article titled: Are you having an identity crisis?, gives you a quick assessment of which identity status is closest to how you are right now. Following the quiz you will find some pointers on how to interpret your answers.

Pick the option that is closest to the way you feel right now:

- a. I haven't really settled on a career and I'm just taking whatever work is available until something good comes along.
- b. I'm still trying to decide where my career interests lie and actively thinking about what jobs will be right for me.
- c. I thought a little about my career, but there's never really any question since my parents said what they wanted for me.
- d. It took me a while to figure it out, but now I really know that I am on the right career path.

Here's the guide to the answers:

- a. Diffuse
The problem with the diffuse status is that the longer you float on these important areas, the less likely it is you will shore up your sense of self enough to handle your future developmental challenges. However, it is healthy to be exploring the other options.
- b. Moratorium
You may simply need more time or perhaps the chance to continue your exploration before making a choice. Constantly remaining in moratorium can be detrimental however, particularly if your continued explorations lead to tumultuous ups and downs.
- c. Foreclosed
If you rate as foreclosed, you can benefit from taking a step back and engaging in some serious exploration. Continuing on the path set for you by your family can lead to later discontent.
- d. Achieved
In contrast to these three negatively-oriented trajectories, people who continually evaluate their commitments and make adjustments to achieve greater realization of their identities (“authentic road”) are most likely to achieve fulfillment throughout their careers.

This quiz, though brief, can give you a quick snapshot of where you stand on a developmental task that maintains its centrality in your personality and ability to adapt to your life's challenges.

This quick quiz is adapted from Dr Susan Krauss Whitbourne's 2012 article titled: Are You Having An Identity Crisis? The full article and complete set of questions are available at [Psychology Today](#).

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