



Super Power Family

Family Identity

Super Power

Discover who you are as a family — by understanding how identity is shaped, how patterns are passed on, and how you can grow stronger together.



www.superpowerfamily.com



Family Identity Challenge

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What is Family Identity?

Every family has a story. But most families never stop to write it — to reflect, share, and shape it intentionally.

The Family Identity Challenge helps you do just that. Grounded in research and brought to life with emotional storytelling and hands-on activities, this challenge takes you through a journey of understanding:

- **How each life stage builds personal identity**
- **How emotional patterns shape your family system**
- **Why we seek belonging and meaning in our families**
- **How to create a shared identity that is intentional, resilient, and powerful**

This challenge isn't just about learning — it's about transformation.

The Three Theories That Shape Identity

1. Erikson's 8 Life Stages

Through the *Life in 8 Moments* challenge, you explore how each stage of life — from infancy to old age — presents a unique identity question. Every child, teenager, adult, and elder in your family is navigating their own identity journey.

From trust and autonomy in early childhood, to intimacy, purpose, and reflection in adulthood, these identity stages form the *emotional and psychological architecture* of your family's story.

 You'll reflect on:

- What stage are you in now?
 - What stage are your children in?
 - How can your family support each other through these transitions?
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2. Bowen's Family Systems Theory

The *Break the Pattern* challenge dives into emotional systems: how one family member's stress affects everyone, how roles repeat across generations, and how we can stay true to ourselves *without cutting off or overreacting*.



Key concepts like **triangles**, **differentiation of self**, and **emotional cutoffs** help you name invisible dynamics and — most importantly — change them.

🌟 You'll learn how to:

- Stay connected during conflict.
 - Stop over-functioning or withdrawing.
 - Understand how your own reactions are often part of a larger system.
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3. Vignoles' Motivated Identity Construction Theory (MICT)

Why do families come together? Why do we even *want* to build a family identity?

Vignoles answers this with 7 universal human motives for identity, such as:

- **Belonging**: Feeling part of something bigger than yourself.
- **Distinctiveness**: Knowing what makes your family unique.
- **Self-esteem**: Feeling proud of your family story.
- **Meaning**: Living a life that matters.
- **Continuity**: Knowing where you come from — and where you're going.

These motives explain why family identity matters — not just for emotional wellbeing, but for living a life of purpose.

💡 You'll create your **Family Identity Mosaic**, a personalized visual tool that captures your family's core values, roots, and vision for the future.

🌟 What Makes This Challenge Unique?

- 🎬 **Short, cinematic videos** that bring theory to life with emotion and clarity.
 - 🌱 **Hands-on family activities** like the Identity Mosaic, Emotional Weather Forecast, and Dream Walk.
 - 💬 **Reflection prompts and quizzes** that guide both individual and group insight.
 - 💡 **Research-backed insights** in a friendly, accessible tone — perfect for busy families.
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🌀 Final Reflection: What Kind of Family Are We Becoming?

By the end of the Family Identity Challenge, you'll have:

- A deeper understanding of yourself and your loved ones.



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- A shared vocabulary to talk about emotions and patterns.
- A clear, beautiful picture of your family's identity — where you've been, who you are, and who you want to become.

This is your invitation to live more consciously, love more deeply, and shape your own legacy — together.