

Reimagining Identity

“Compassion and celebration lead us out of isolation and toward the creation of communities of belonging.”

In Western culture, most of us understand who we are through what we do. We construct an identity for ourselves through our abilities. We live in a state of comparison, where we isolate ourselves by judging others as less than us or by feeling jealous that they are superior. In this way of being, what we do tells us who we are.

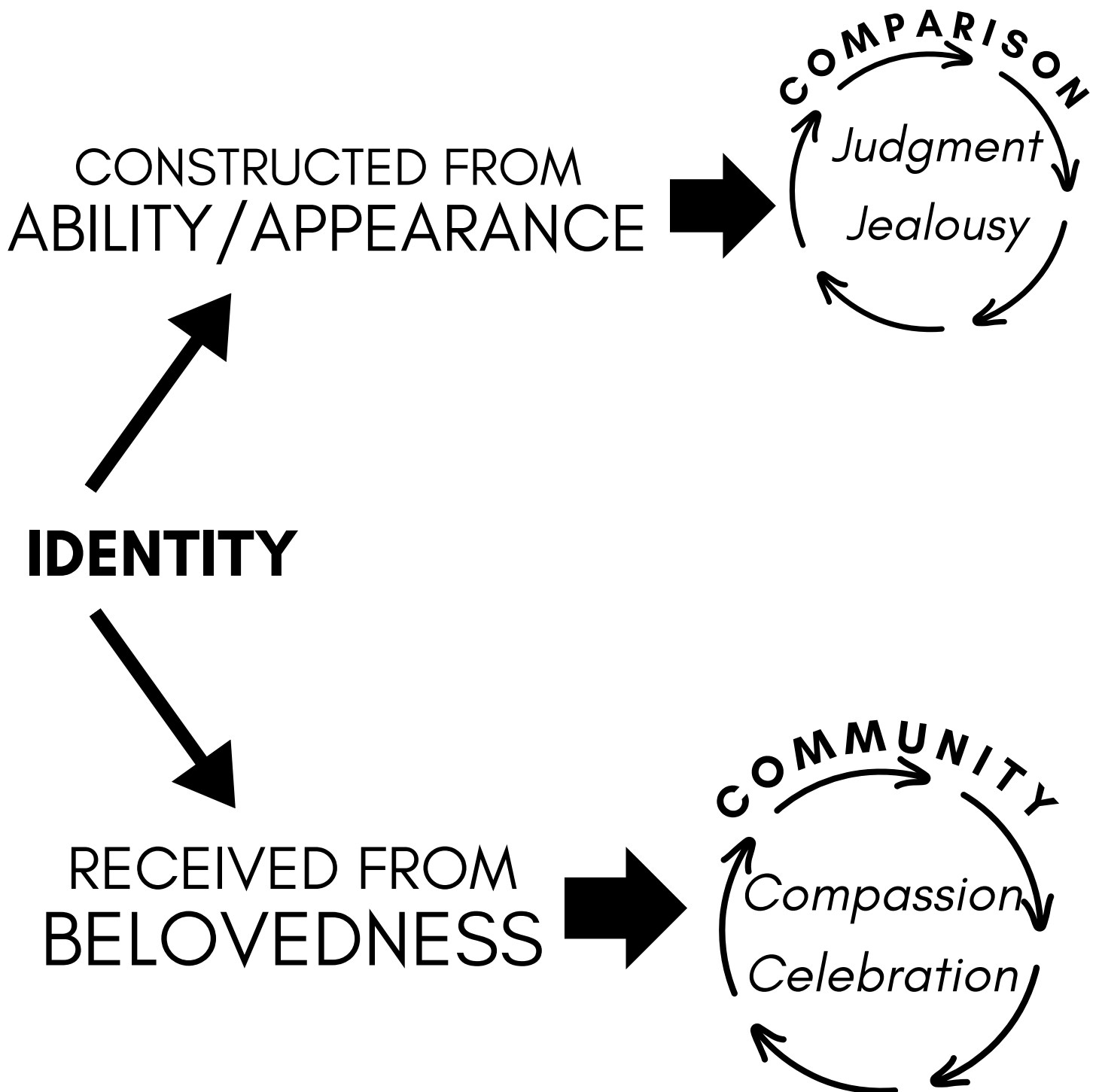
But in the Judeo-Christian tradition, we receive the identity that God gives us as the beloved. Who we are comes first, and it allows us to explore what we can do with freedom. As the beloved, instead of constant comparison, judgment, and jealousy, we can celebrate one another in times of accomplishment, and come alongside one another with compassion in times of hardship. Compassion and celebration lead us out of isolation and toward the creation of communities of belonging.

The next page illustrates this new way to think about identity—one grounded not in ability or appearance, but in belovedness and belonging.



Hope Heals Camp • Photo by Bryan Johnson

REIMAGINING IDENTITY





ABOUT AMY JULIA

Amy Julia Becker helps people reimagine the good life through her writing and speaking on disability, faith, and culture. Join the conversation at amyjuliabecker.com/subscribe/

REIMAGINING FAMILY LIFE WITH DISABILITY WORKSHOP • RETREAT • KEYNOTE

Explore together how to:

- ✓ take delight in our children
- ✓ connect to community
- ✓ take steps toward a good future

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Every week, Amy Julia talks with fellow parents, therapists, and advocates about **practical ways to cultivate a thriving future** for the whole family.

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