

SHORT ANSWER QUESTIONS

Being Seen: Self-Concept Development in Highly Gifted Adults

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We often are told to be individuals, to be who we are regardless of what others say or do. That is a noble idea, but there is a limit to how far it goes in reality. Sociologists argue that our self-concepts also depend on the reflections we receive from society in the form of our interactions with other people.

To become ourselves, we need others who we feel understand and reflect some truth about who we are. For this study, I am calling this phenomenon being *Seen*.

Many of us felt *Seen* at some point while we were growing up, perhaps by a mentor or a favorite teacher. We continue to develop throughout our lives, so we continue to need experiences of feeling deeply understood by another. But being *Seen* in adulthood can be a rare experience for some.

When, if ever, have you felt *Seen* in adulthood? Please keep that experience or experiences in mind as you answer the following questions.

Questions

1. How would you describe the experience of being *Seen*?
2. What would you call it (if not “*Seen*”)? Is there another metaphor that fits better for you? (If so, please feel free substitute your own metaphor for “*Seen*” in the rest of the questions.)
3. What does it feel like when you are *Seen*?
4. What does it feel like when you are not *Seen*?
5. Who *Sees* you?
6. Where have you found people who *See* you?
7. How is being *Seen* in adulthood different from being *Seen* when you were growing up, if at all?

8. Under what circumstances or situations do you feel more Seen or less Seen?
9. Under what circumstances do you avoid being Seen? How?
10. What differences do you notice in yourself when you feel Seen?
11. What core aspects of your self do you wish were more Seen?
12. How has being gifted affected being Seen, if at all?
13. What does it feel like to be in the world day-to-day, particularly your internal experience as you interact with other people?
14. How do you feel about your life right now?
15. What have I not asked you that you would like to tell me related to being Seen and/or being gifted?