

# Identità narrativa, individuazione ed etica eudaimonistica

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*Narrative Identity, Individuation and Eudaimonia*

*Abstract:* This article aims to probe the ethical import of a personological view of self-narrativism that is well-entrenched in a naturalistic context. Against the backdrop of William James' theory of the duplex self, the claim that we constitute ourselves as morally responsible agents (as 'Lockean persons') by forming and using autobiographical narratives is combined with Dan McAdams' view of narrative identity as a layer of personality. During personality development, internalised and evolving stories of the self layer over other layers of personality, and this process of layering may be *integrative*. The process of self-representation originated from the I/Me dialectic, then, takes the form of what Jung identified as "individuation", namely, a striving towards the unity of the various strata of personality. Such a process has an ethical dimension that is reminiscent of the ideal of *eudaimonia*, the discovery and actualization of one's own unique potentials and talents.

*Keywords:* Eudaimonia, Individuation, Narrative identity, Personality, William James' I/Me distinction.

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