

# Identity: One, No one and One Hundred Thousand

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*Abstract:* Identity is often experienced as a single entity but in reality, it is composed of a multitude of parts, relatively coordinated in healthy subjects and dissociated in people who are genetically disadvantaged, have suffered physical or psycho-social traumas or have had adverse childhood experiences. The latter can determine rigid psychological structures which may lead to social damage. The precursors of our feeling of identity are inherited from evolution. Unless they are damaged during infancy, the emotions and feelings shared by the whole human species are the prerequisites to construct a flexible identity that allows us to understand one another, especially with regard to what is essential, such as the need for security, the raising of children, love for our partner and for our dearest ones in general, and grief for their loss. The people and the international organisations which work towards creating a world that is more inclusive and respectful of diversity and of the rights of the weakest without discriminating against anyone can overcome the various social identities in dialogue and understand one another through the universal language of emotion and of the feelings that are shared by all human beings.

*Keywords:* Dissociation, Identity, Theory of Evolution, Feelings, Emotions.

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