



**UNESCO Chair
on Visual Anticipation
and Futures Literacy
towards Visual Literacy**



THE IDENTITY TRIANGLE

The thinking – feeling – acting process lays in the core of our brains' mechanism. Our way of thinking is regulated by, and regulates anew, our memories, which, in their turn, exist in a constant interaction with our affect and actions. In fact, we carry emotional imprints for every single memory we have. Both thinking and feeling dictate our actions and build our behavioral patterns. Ultimately, they shape our personality that composes a big part of what we call 'identity', including cultural and social dimensions.

The words "Think" – "Feel" – "Act" indicate the three angles of this triangle. The tool intends to make tangible the interconnection among these three realms in all manmade situations. It provides useful insights to learners regarding their individual and collective awareness and identities, or how they handle change.



The tool **aims** to:

- Make learners aware of the three interconnected realms and their interaction with our memories (the reason why some memories remain vivid and others slip into oblivion).
- Explore their influence on how they shape the learners' perceptions, assumptions and anticipations.
- Shed light on how this core mechanism regulates individual and collective behaviors.
- Support learners to comprehend the consequences of their choices and the power of their agency.
- Underline the triangle's role and importance both for the recurrent social and, generally, collective phenomena, as well as for personal challenges.

How to apply it

Facilitators can apply this triangle to any topic. Given that our brain translates automatically any incoming information into affective images, even the most perplexing events can 'break down' and become material for analysis along these three axes. Hence, abstract concepts, values, goals, visuals such as photographs, filmic narratives, advertisements, social media images, urban spaces (e.g. squares, iconic public buildings, street arrangements, names etc.) can become valuable materials for exploring, deconstructing and comprehending their impact and role in constructing memories, experiences and identities.

Guiding questions can include:

- What do you understand when discussing the topic under examination, or when looking at this image? What are your thoughts?
- How do they make you feel?
- What assumptions lay behind your thoughts?
- Based on your thoughts and feelings, how would you react and why?
- How do you think your community perceives this topic or image?
- How would different interpretations lead to different feelings and actions? How would this alter the prior reality?

Suggested combination with other Visual Literacy tools

The "Identity Triangle" tool combines effectively with the "Barcoded Baby", the "Stage", the "Alternative Futures", the "White T-shirt", the "Visuality Iceberg", the "Sensing instead of Making Sense", the "Five Mirrors", the "Letter to an unborn child", and the "Wall" tools.

