

The first doubts

Psychology



**ASSIGN
BUSTER**

The First Doubts

According to Baugh (1988, p. 1) The process of disengagement from a role that is central to one's self identify and the re-establishment of an identity in a new role that takes into account one's ex-role" is referred to as role exit. Ebaugh's work focuses on four stages which emerge as an element of the experiences of the individual. These stages are first doubts, seeking and weighing the role alternatives, the turning point, and establishing an ex-role identity.

When I left high school I was not sure what I wanted to do. I accepted a job at one of the popular fast food chains and got very attached to the job. However, I started getting some cues that were not so positive. I indicated to my co-workers that it was time to exit my role as a customer service representative but they tried to convince me to stay. I had some first doubts but it so happened that the recession resulted in lay offs and redundancies and so I was basically forced to leave. I was disappointed and started to seriously look for alternatives. I had started this process already but it had become real urgent. This job was central because it financed some of my basic needs – food and clothes.

My first doubts centered on relinquishing my independence. I sought some alternatives and weighed them to determine the pros and cons. I thought about how I would manage. I had taken on a different life style where each week I would have bought myself something, whether it was a piece of clothing or something of some significance. I have had some turning points in my life as I felt I had to do something different to catch-up with my former school-mates. My former co-workers hardly communicate with me. This created a vacuum in my life but I have gotten over it as I have managed to

<https://assignbuster.com/the-first-doubts/>

get some support from family members. I have created an ex-role identity where I have been able to manage the incongruence and tensions that have arisen between my new definition of self and the expectations of others.

(Wacquant 1990, p399)

References

Ebaugh, H. R. F. (1988). *Becoming an Ex: The Process of Role Exit*. Chicago: University of Chicago Press

Wacquant, L. J. D. (1990). Exiting Roles or Exiting Role Theory? Critical Notes on Ebaugh's *Becoming an Ex*. *Acta Sociologica*. Vol. 33(4). p397- 405.

Retrieved from <http://www.jstor.org/pss/4200820>