

Bilingual Latinx migrants cultivating selves through narrative and ambivalent emotions: a second-wave positive psychology approach

Catherine Stafford
University of Wisconsin-Madison

Heritage speakers' identity construction is often framed in research as a process fraught with struggle and associated with negative emotions; however, identity work is also a site of resilience and transformation. In this talk, I frame a narrative inquiry approach to investigating identity in second wave positive psychology (Wong, 2011), which acknowledges the dialectical nature of life experiences, that is, that they integrate positive and negative emotional states. I then explore how heritage speakers orient and reorient emotionally towards life experiences they narrate during research interviews, contemplating what their shifting affective stances reveal about cultivating a sense of belonging through emotionally embedded identity work.