Contra-identification with another or group [*Analysing Identity: Chapter 2* © Peter Weinreich]

The extent of one's contra-identification with another is defined as the similarity between the qualities one attributes to the other and those from which one would wish to dissociate.

Let $\tilde{I}$ represent the contra value system - *the poles of one's constructs contrary to those designating one's ideal self-image) –* then,

Contra-identification with entity $\mathbf{E_i}$: $\qquad \Phi_i^I = \dfrac{\tilde{I} \cap E_i}{\tilde{I}}$ $\qquad\qquad$ (12)

$\tilde{I} \cap E_i$ represents the negative attributes of E_i, that is E_i^-.

Self's wish to dissociate from particular qualities of another denotes elemental contra-identifications with that other. *Internal standardization* follows directly from the particular constellation of the people's negative values and beliefs, those from which they would wish to dissociate.

The range of values for a person's contra-identification with another is zero to unity, that is, from no contra-identification to complete contra-identification with the other in question.

Metaperspective of self

In general, one contra-identifies with other people or agents, outside of 'self'. However, there is an aspect of 'self' that is to some extent defined externally to 'self' when it is defined by others, so that in these instances of 'metaperspectives of self', people may contra-identify with these externally located aspects of self.