We sought out to find out if there was a relationship between identity statuses and continuity. We did so by looking at data from a 30-year longitudinal study from Block and Block (2006a). With a new method for measuring continuity, we found that the identity status model may be inclusive of continuity. Continuity was positively correlated with achievement and negatively correlated with diffused. Also, this study gave light to future research and tests to be done in order to obtain a more accurate idea of continuity.