

Aspects of My Identity Exercise

Explain the activity. Example: “we’re going to do an activity called “Aspects of my identity”. We will use the same social identity categories from the previous activity – (say each identity category and type into the chat). Write down 1-8 on your piece of paper. In a minute I’m going to read a statement out loud and I would like you write your response for the number. and I’m going to read out a question that has a blank in it.

- Religion/Spirituality/Faith/Meaning: The piece of your identity that gives you grounding for moral and philosophical questions
- Physical/Psychological/Mental and Learning Ability: Can be visible or invisible i.e., dyslexia, autism, physical mobility issues, depression etc.
- Sex Assigned at Birth: at birth doctor looks between legs – if can measure more than 1 inch marks male if can measure less than 1 inch marks female
- Sexual Orientation: Who you do or do not want to spend intimate physical or emotional time with
- Race: A social construct but a reality in this country today. Originally defined based upon color of skin, facial features and body shape
- Gender Identity or Expression: On a continuum from feminine to masculine, how we choose to present ourselves in terms of appearance and demeanor
- Socioeconomic Class: Not only how much money we make but where we live, how we get around, what we eat, where our kids go to school etc.
- Nation of Origin and/or Citizenship: Usually what your passport says; where you were born
- Ethnicity: Typically narrowed down from race based upon familial heritage. Where your family’s traditions and roots can be traced to
- Age: Not just how long you’ve been on earth but also generational (millennial, Xer, Boomer)

Statement LIST

- The aspect of my identity that I am most aware of on a daily basis is...
- The aspect of my identity that I am the least aware of on a daily basis is....
- The aspect of my identity that helps me to connect and/or interact with my coworkers is...
- The aspect of my identity that hinders me from connecting and/or interacting with my coworkers is...
- The aspect of my identity that makes me feel minimized
- The aspect of my identity that I MAY use to minimize others is... (unconscious or conscious)