

“WHO I AM” WORKSHEET

My Name Is: _____

Listed below are various social groups that make up a part of who we are. We are likely to be consciously aware of some of our memberships more than others. In part this depends on how others respond to us and on our experience in the world.

Go through the list and identify your social group for each category. Then indicate the extent to which you think about each of your social identities.

SOCIAL IDENTITY

I’M AWARE OF THIS PART OF WHO I AM:

EVERYDAY OFTEN SOMETIMES NEVER

My race is:

My faith/religion is:

My sexual orientation is:

My ability/disability is:

My gender is:

My ethnicity/culture is:

My political affiliation is:

My socioeconomic status is:

Your Ethnic/Racial/Cultural Heritage and History

1. Identify your ethnic/racial/cultural heritage.
2. What is significant to you about this heritage? What group(s) do you most identify with?
3. Thinking back to childhood, what kinds of things can you remember learning about what it meant to be a member of this group?
4. When, or under what circumstances, are you most aware of being a member of this group?
5. Name a time when you felt excluded, stereotyped, or “different” as a member of this group.
 - a. *What do you remember thinking?*
 - b. *How did you feel?*
 - c. *What did you do?*
6. Name a time when you felt unsafe, intimidated, or vulnerable as a member of this group.
 - a. *What do you remember thinking?*
 - b. *How did you feel?*
 - c. *What did you do?*
7. What is hard or painful about being a member of this group?
8. What do you like best, are most proud of, or celebrate about being a member of this group?
9. I usually feel _____ around people who are ethnically or culturally different than myself.
10. Discussions about race make me feel _____ because they usually deal with issues about _____.
11. Who do you think gets noticed at SPU? Who do you think might get overlooked? Why?