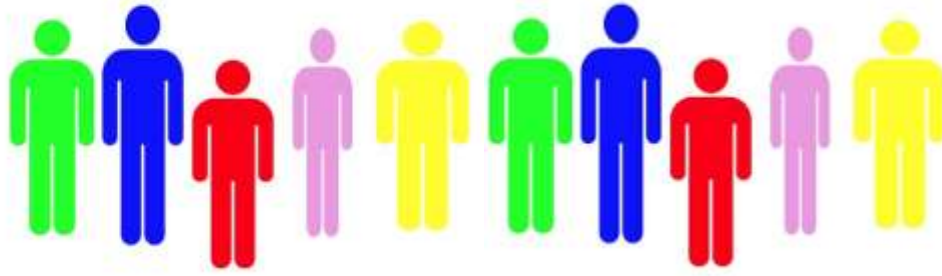


Getting to know what makes you “you” can help you deal with stress that can come with identity formation. This activity will help you name your unique personal and social identities.



EVERYONE HAS MANY IDENTITIES.

Some identities are things people can see (like race or age), while other identities are not (like a disability, economic status or education level).

PERSONAL IDENTITY

Your personal identity is made up of many individual traits and can include your hobbies, interests, experiences and personal choices.

- **The table on page 2** is divided into 24 personal identity characteristics or rows.
- Graph each trait by shading boxes to the right according to how important the trait is to you. More shading means it’s more important to you. Little or no shading means the traits are not very important.
- In the white space, write down the identities most important to you or that you think about most often.
- Next, write down the identities less important to you or that you think about less often.

SOCIAL IDENTITY

Social identities include race, ethnicity, gender, socioeconomic status and much more. Some of those things stay the same and some of them change over time. They also impact how you see yourself and how others view you.

In the wheel on page 4, shade in how you identify for each of the categories.

For example, if you feel a strong connection to your culture and heritage, you might shade in the section on ethnicity in the inner circle. In the outer circle, write the specific trait or description. For example, I might shade in Ethnicity and write in my specific Ethnicities.

Personal Identity Graph

How important are these character strengths to you? Shade in squares to show how important each trait is to you. One or two squares shaded means the trait is not very important to you and vice versa.

Trait	Not important								Very important	
	1	2	3	4	5	6	7	8	9	10
Appreciation of Beauty and Excellence										
Bravery										
Creativity										
Curiosity										
Fairness										
Forgiveness										
Gratitude										
Honesty										
Hope										
Humility and Modesty										
Humor										
Kindness										
Leadership										
Love										
Love of Learning										
Open-mindedness										
Persistence										
Perspective/Wisdom										
Self-Control										
Social Intelligence										
Spirituality										
Teamwork										
Zest										



Identity by [Nick Youngson](#) CC BY-SA 3.0 Pix4free

The following is a list of social identities with brief explanations.

Age. Refers to how old you are. You could list pre-teen, teen, young adult, or your actual age.

Class/economic status. As a teen, your “class” or socioeconomic status is usually based on your parents’ or guardians’ income and wealth, ex., upper middle class or working class.

Ethnicity. Groups people based on culture and heritage; i.e., Chinese, Hispanic, Italian, Japanese, Jewish, or Vietnamese are examples.

Faith/ideology. Beliefs, attitudes and practices guide how you find or express meaning and purpose in your life. It includes a sense of connection to others, to nature, and to what you consider sacred.

Gender. Gender is how you express yourself to the world. People express their gender in many different ways. Some examples include girl, boy, non-binary or gender nonconforming, and transgender. Note that gender is different from sex, which is your physical anatomy and also how you are to the world. Sex and gender are different but they are related. Sex may be the sex you were born with (female, male, intersex) or the sex you have transitioned to with the help of hormones or surgeries (transgender female, transgender male).

Language. Include the language you feel most comfortable speaking and the main language used in your home. It can also include other languages you understand, speak, read or write.

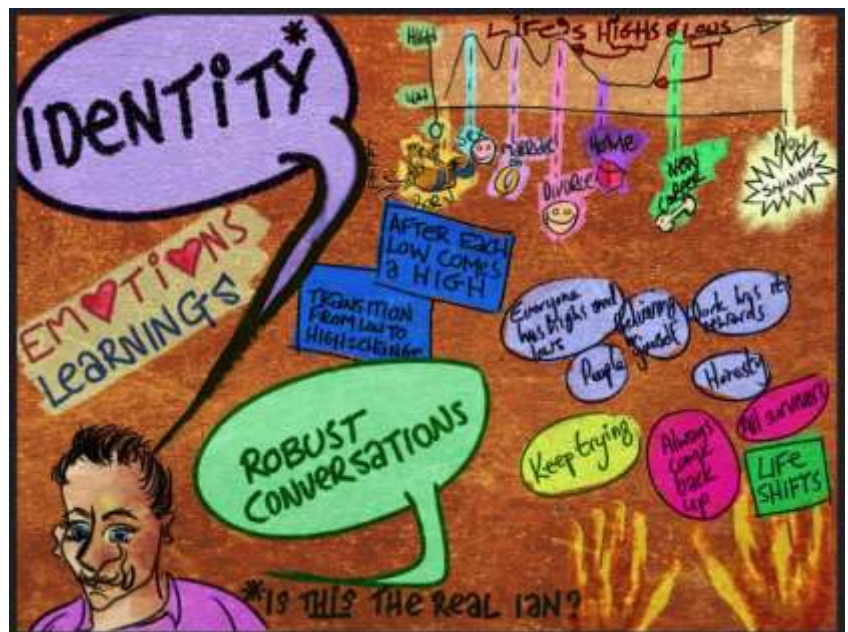
Nationality. Citizenship status comes with the right to vote and access to social security. The state, country or nation in which you were born.

Physical ability & health. Refers to physical and intellectual ability, or chronic health conditions such as diabetes, asthma or cancer. List one of these on the appropriate section of the wheel if it affects your life.

Physical appearance. May include physical traits such as height, weight, hair color or texture, skin color, and eye color or shape. Characteristics impact how others see you.

Race. Associated with physical characteristics i.e., hair texture or skin color. Some examples include African, American Indian or Native American, Asian, Black, Mixed race, or Multiracial, to name a few.

Sexuality/sexual orientation. Identifies who you are sexually attracted to. Everyone has a sexuality or sexual orientation. This can change as you grow and learn more about yourself. Examples include asexual, bisexual, gay, heterosexual, lesbian, queer, or transgender.

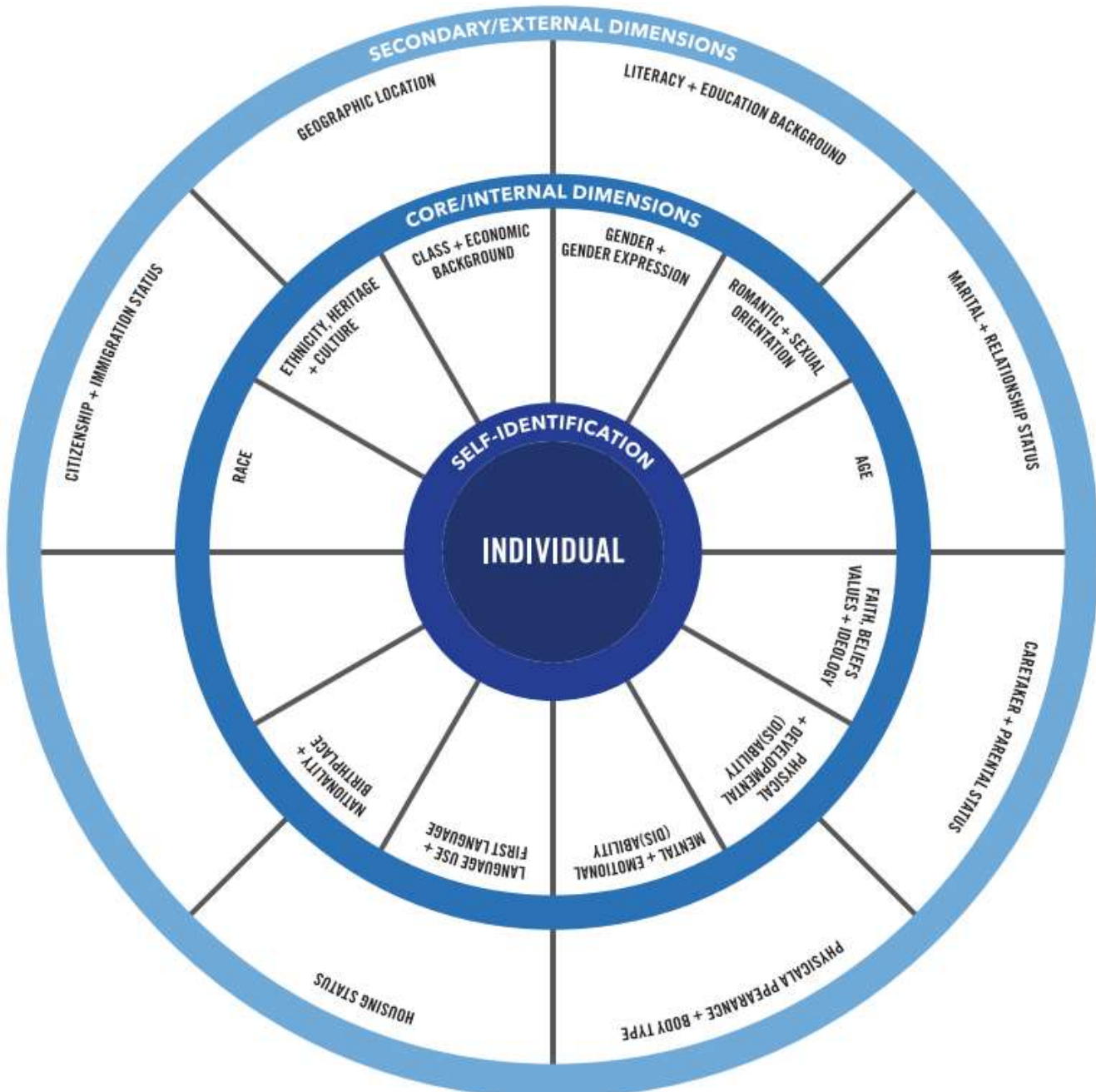


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Social Identity Wheel

- Take a moment to look over the wheel and notice the layers of Core/Internal and Secondary/External.
- In the inner circle, shade in the identities most important to you or you think about most often.
- In the outer circle, write down the identities most important to you or you think about most often.

Use the blank space in each circle to write an identity that is not represented in the categories shown.



To discuss more about identity, contact: Susan Cantonwine, Coordinator of Success Coaching
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<https://unitedwaysem.org/wp-content/uploads/2021-21-Day-Equity-Challenge-Social-Identity-Wheel-FINAL.pdf>