

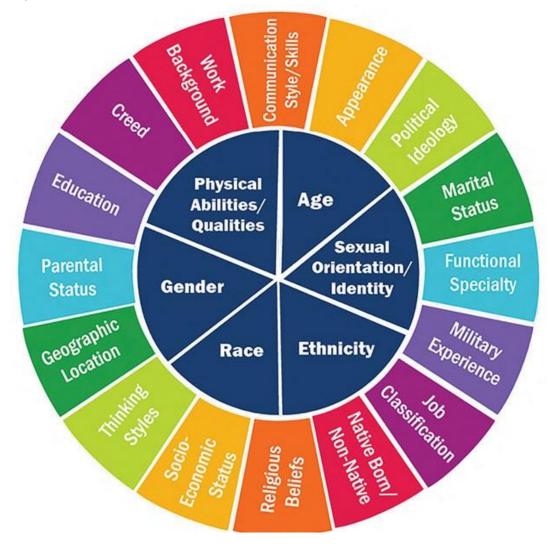
Identities and Your Who

How do we determine what contributes to who we are? This exercise invites you to examine how identities developed and evolved in your lifetime as one framework to answer this question.

Instructions

- 1. Use the Identity Wheel, Personal History Worksheet, or a framework of your choosing to name your own past and current identities.
- 2. Use the Identities Questions, Identities Worksheet, or a framework of your own choosing to examine how these identities have shaped you. This includes identities that were important in the past, even if those identities feel contrary to who you are today.
- 3. It is not necessary to examine identities that do not feel important to you.

Identity Wheel





Personal History Worksheet

Personal History Worksheet						
Timeframe and Relevant Markers	Identity Notes					

Identities Questions

- 1. Which identities do you think about or feel most often? When are you most aware of these identities?
- 2. Which identities do you think about or feel the least often? Why do you think you aren't aware of them much of the time?
- 3. Which identities have the strongest impact on how you perceive or define yourself?
- 4. Which identities have the strongest impact on how others perceive or label you?
- 5. Which identities have evolved over time? How?
- 6. Which identities do you no longer hold as an identity today? Why?
- 7. Which identities feel like a box you've been put in? How so?
- 8. Which identities feel most like they are core to who you are? Why?



Identities Worksheet:

Identities Worksheet					
Identity Name or Label	Importance (1-to-10)	How did this identity: Shape you? Inform you? Empower you?	How did this identity: Challenge you? Limit you?	What or who influenced this identity?	Today, how does this identity influence or impact you?