Identity Exercise / Tool

Geographic Location * Urban * Rural * Suburban * Non-Native * Language * Multilingual *

Limited English Proficiency * Education * GED/High School * Diploma * B.A./M.A./Prof. Degree *

* Student * Mentor * Profession * Homemaker * Environmentalist * Immigrant Status * Class *

First Generation * Employment Status * Socioeconomic Status * Black * African American *

Latino/a * Hispanic * Indigenous * Native American * First Nation * Asian * Pacific Islander *

White * Multi-race * Multi-ethnic * Ethnicity * Nationality * Tribal Identity * Female * Male *

Man * Woman * Genderqueer * Lesbian * Gay * Bisexual * Transgender * Queer * Heterosexual *

* Spouse * Single * OTHER * Unmarried * Widowed * Divorced * Married * Partner *

Polyamorous * Personality Type * Introvert * Extrovert * Radical * Liberal * Conservative *

Political Party * Indigenous Religion * Muslim * Christian * Catholic * Jewish * Buddhist *

Polytheistic * Pagan * Agnostic * Atheist * Wiccan * Smoker * Vegan * Vegetarian * Age *

Height * Weight * Body Type * Parent/Child Deceased * Matriarch * Patriarch * Mother * Father *

* Daughter * Son * Grandparent * Great-Grandparent * Sibling * Adopted * Foster * Step *

Substance Abuse * Learning Disability * Physical Disability * Survivor/Surviving Illness * Social *

Challenge * Emotional Challenge * Mental Health Condition * Behavioral Challenge *

Developmental Disability * Survivor/Surviving Abuse * Military * Veteran * Law Enforcement *

Probationer * Parolee * Unapologetic


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• Which descriptive word / phrase do you identify with most? If “other,” please share.

• What would you like the dominant culture to know about the group with which you most identify?