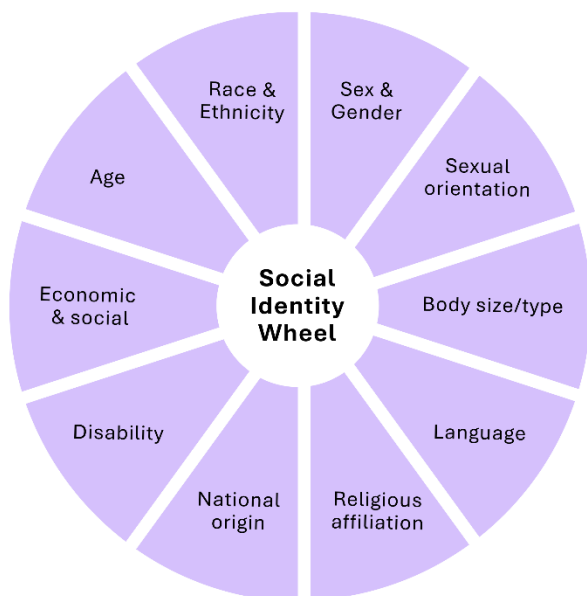


SEEPS Training Companion I. Identity Wheel Reflective Exercise

Social Identity Wheel



In each section, list any words or descriptions that apply to you.

Race Ethnicity:

Sex:

Gender:

Sexual orientation:

Age:

Disability:

Socio-economic status:

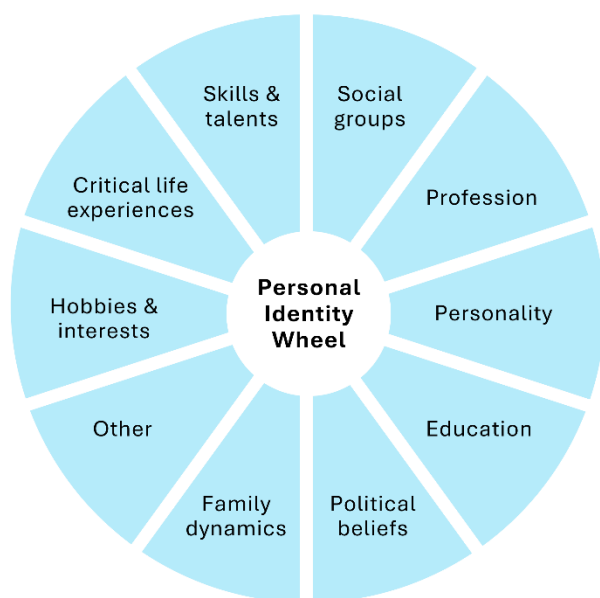
National origin:

Religious affiliation:

Language:

Body type/size:

Personal Identity Wheel



In each section, list any words or descriptions that apply to you.

Profession:

Social groups:

Skills/talents:

Personality traits:

Critical life experience/s:

Hobbies & Interests:

Education:

Family Dynamics:

Political beliefs:

Other:

Identity Wheel Exercise: Reflection

Reflect on the many parts of your own identity to increase understanding of your strengths in sharing and relating through identity—and where there is opportunity for growth.

What parts of identity do you think about most often? Why?

What parts of identity do you think about least often? Why?

What parts of your own identity would you like to learn more about?

What parts of identity have the greatest effect on how you perceive yourself?

What parts of identity have the greatest effect on how others perceive you?

When talking about identities with young people, what's easier to talk about, what's harder? Why?