



Exploring Identity

My Identity: Now

Information About Working with Your Identity Now

Identity is the way we view ourselves. Identity is made up of a wide range of things: our values, our strengths, our life stories, our experiences, our culture, our jobs, our friends, our education, our dreams, our groups, our worldviews, our resilience, and important life events. It's everything that makes us who we are and makes us unique, including things we like and things we do not like. The way we view ourselves can shape the choices we make in life. It can diminish our strengths and confidence, or it can give us hope, motivation, dignity, appreciation, and the ability to make effective choices. By exploring our identity and looking more carefully at our descriptions of ourselves, we can begin to make thoughtful, conscious decisions about the things we like and the things we would like to change. The act of seeing ourselves differently can make a big difference in our lives.

You are going to look at your identity from two points in your life. First, you will look at your identity now. After you are done, you will look at your identity in the future and the person you want to be.

Instructions:

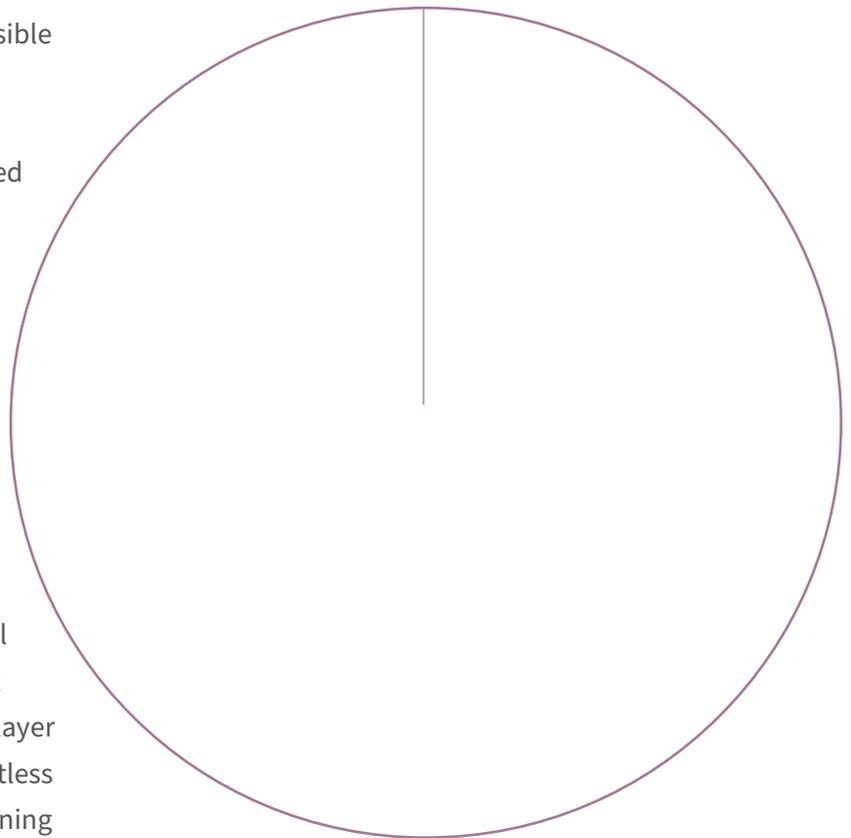
The goal of this exercise is to help you visualize your own identity now. On the following page is a list of ways that people sometimes see themselves. This circle represents you as a whole: a summary of who you see yourself to be.

1. Look at the sample word list provided. Choose 10-12 words (or more) that best describe you and circle them. You can add words that better describe who you are.
2. Identify the ones that best capture you: the parts of you that you are most aware of. Rank them in order (for example, the biggest part of you is #1, then #2, etc.). You can rank as many as is helpful to you.
3. Make slices of pie for the words you choose. The largest parts of you will be the biggest slices of the pie; the less important parts are smaller slices of pie. If the image of a pie doesn't work for you, use something else. Some people write words in different sizes in the circle while others go no further than the ranked word list.
4. When you are done, look at the words you've chosen. There are probably parts you feel very good about. There may also be some parts of your identity that you are not comfortable with or that you do not want to have.
5. At the bottom of the page, list a couple of the traits that you would like to diminish or de-emphasize (the ones you don't like) and any traits you would like to strengthen (the ones you do like).

My Identity: Now

A Picture of the Person Who is Uniquely Me

- | | | |
|--------------|------------------------|----------------|
| Abrasive | Hard working | Respectful |
| Abusive | Healthy | Responsible |
| Adventurous | Helpless | Scary |
| Aggressive | Homeless | Short-tempered |
| Angry | Honest | Skillful |
| Athletic | Hopeful | Smart |
| Attractive | Impulsive | Smoker |
| Caring | Independent | |
| Combative | Judgmental | |
| Creative | Loner | |
| Curious | Loyal | |
| Deceitful | Motivated | |
| Dependable | My family role | |
| Depressed | My nationality | |
| Disagreeable | Obsessive | Spiritual |
| Drinker | Passionate | Student |
| Drug user | Person in recovery | Team player |
| Employed | Person with disability | Thoughtless |
| Ethnicity | Protective | Threatening |
| Fair | Reckless | Troubled |
| Forgiving | | Trustworthy |
| Friendly | | Understanding |
| | | Well-loved |



If a part of your identity is not on the list, add your own here:

Parts of my identity I want to change:

Parts of my identity I want to strengthen:
