

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, strengths, life stories, experiences, culture, jobs, friends, education, dreams, groups, world views, 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. By exploring our identity we can appreciate the things we like, and discover the things we would like to change.

This workbook looks 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 the person you want to be in the future.

Instructions:

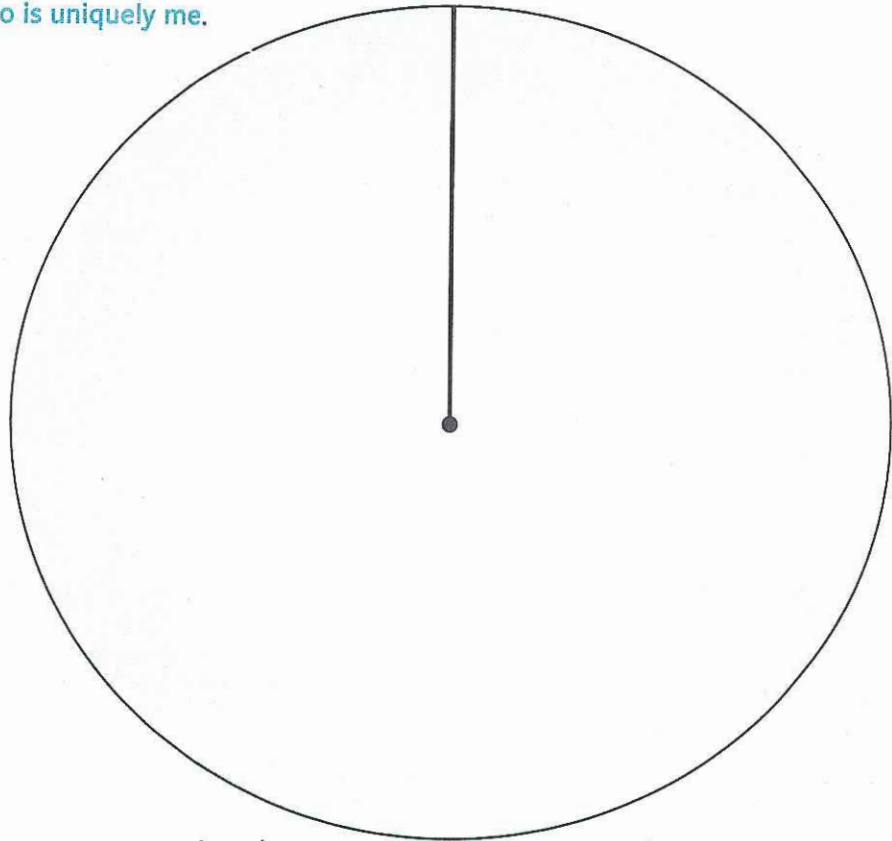
The goal of this exercise is to help you visualize your own identity now. On the following page is a list of ways that people sometimes see themselves. The circle represents you as a whole: a summary of who you see yourself to be.

1. Look at the sample word list provided. Choose 10-12 words (or more) that best describe you and circle them. You can also add words that better describe who you are.
2. Pick 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 the pie for each of the words you chose. The largest parts of you will be the biggest slices; the less important parts are smaller slices. (If the image of a pie doesn't work for you, use something else. Some people write words in different sizes in the circle. Others go no further than the ranked word list. Some people like to draw.)
4. When you are done, look at the words you've chosen. There are probably parts of your identity you feel very good about and some parts that you are not comfortable with that you don't want to have.
5. At the bottom of the page, list parts of your identity that you would like to change and any parts of your identity you would like to strengthen.

My Identity: Now

A picture of the person who is uniquely me.

Abrasive
Abusive
Adventurous
Aggressive
Angry
Athletic
Attractive
Caring
Combative
Creative
Curious
Deceitful
Dependable
Depressed
Disagreeable
Drinker
Drug User
Employed
Ethnicity
Fair
Forgiving
Friendly
Hard working
Healthy
Helpless
Homeless
Honest
Hopeful
Impulsive
Independent
Judgmental
Loner



Loyal
Motivated
My family role
My nationality
Obsessive
Passionate
Person in recovery
Person with disability
Protective
Reckless
Respectful
Responsible
Scary

Short tempered
Skilful
Smart
Smoker
Spiritual
Student
Team Player
Thoughtless
Threatening
Troubled
Trustworthy
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:
