

Personal Identity Profile (Inventory)

It is difficult to understand, let alone respect, others’ personal and cultural identities unless you know something about your own frames of reference. Once you have access to your own identities a foundation is laid for mutual respect that is necessary for transitioning between intercultural understanding and competency towards systemic analysis.

Exercises:

1. The first exercise is aimed at having you take inventory of your various identities.
 - a. Name the identity
 - b. What is significant to you about this identity?

<i>D/S</i>	<i>Identity Category</i>	<i>Your identity as you understand/name it</i>
	Family Birth Order:	
	Place of Birth (Country, Region, City, etc.):	
	Ethnic, Cultural/Racial Identity:	
	Language(s):	
	Gender Identity:	
	Education Level:	
	Sexual Orientation/Identity:	
	Religion/Faith Belief System:	
	Class/Social Economic Status:	
	Age/Generation:	
	Ability/Ability Challenges:	
	Private identities (identities that others can’t see or know that you have but play a significant role in your life—consciously or unconsciously): <i>Survivor, Family Secrets, etc.</i>	<ul style="list-style-type: none"> ▪ ▪ ▪ ▪
	Others: <i>Documentation Status, Health Status/es, etc.</i>	<ul style="list-style-type: none"> ▪ ▪ ▪

*After you have responded to each item, in the first column, please list if this is a D (dominant) or S (subordinate) identity as Tatum describes in her article. If you are unsure, feel free to ask.

2. Critical analysis

- a. From page one, what are your *core identities* (list at least three)? Do not list personality traits/characteristics. They may be core because they are meaningful to you, because you are forced to think about them all the time or because you keep ‘bumping into them’, etc.
- b. Tally your dominant and subordinate identities. Are you surprised? Why or why not?

- c. The (PIP) identity/ies I have the most **pride** for is/are: _____.
Describe?
- d. The (PIP) identity/ies I have the most **shame** for is/are: _____.
Describe?
- e. Which of your identities do you tend to *regularly* ignore/avoid/not name? Why?
- f. What is one bias you would like to confront that others may have about an aspect of your identity?

***pride** is not the same as chauvinism or dominance; **shame** is not the same as guilt.

These do not have to be answered, but continue to think on these after our class discussions:

- g. Which of your identities might increase your life chances?
- h. Which of your identities might decrease your life chances?
- i. What are some negative messages you had about different groups that you had to confront in your lifetime?
- j. What are identities people have misinformation about that you would like to provide information to them?
- k. Do conversations feel different at this place and time regarding conversations you have with folks of different generations?