Social Identity Worksheet

Definition: Social identity is how you are seen in the world and what societal values, assumptions, or expectations are associated with that perception.

1. The following factors can contribute to a person’s social identity. Next to each factor, write how you identify yourself (which may or may not be how others would identify you).

   Race___________________   Ethnicity___________________
   Age____________________   Gender____________________
   Sexual Orientation_________   Religion___________________
   Nationality____________________
   Physical/Mental Abilities/Disabilities _______________________
   Socioeconomic class _____________   Occupation ______________________
   Educational background __________   Parental status ______________________
   Marital status ________________   Military status/background __________

2. Choose one of the above factors. Write a list of associations/values/assumptions/expectations that people have about you based on that factor.

   Factor ____________________

   Associations/values/assumptions/expectations:

3. Write down some specific experiences/conversations/interactions from your life that illustrate one or more of your answers for #2.