Handout 1.1 Creating an Identity Chart

Use the following steps to create an identity chart for yourself:

1. Draw a circle in the middle of a blank piece of paper or page in your journal.

2. Begin with the words or phrases that describe the way you see yourself. Add those words and phrases to your chart.

3. Most people define themselves by using categories important to their culture. They include not only gender, age, and physical characteristics but also ties to a particular religion, class, neighborhood, school, and nation. Consider if any of these characteristics belong on your chart.

4. You may wish to add new categories to your identity chart. How much of your identity do you create and how much of it is determined by things beyond your control? What other factors influence your identity? What can you add that does not fall into any of the categories listed above?

5. How does the way that other people think about you impact your identity? Consider multiple perspectives. Think about these questions as you think about what else to add to your chart:

   - What labels would others attach to you?
   - Do they see you as a leader or a follower? A conformist or a rebel?
   - Are you a peacemaker, a bully, or a bystander?
   - How do society’s labels influence the way you see yourself? The kinds of choices you and others make each day? For example, if a person is known as a bully, how likely is he or she to live up to that label?
Stéphanie

female

Haitian

American

“not entirely Haitian”

history buff

“science dork”

runner

twin

Catholic

My brother and I are like “two sides of the same coin”

lives in Boston

self-deprecating

tall

writer

I speak English better than my parents

I speak English with an accent

daughter

granddaughter

immigrant

survivor