

## Identity Map Instructions

Think about the different social identity groups (e.g., race, gender, sex, disability status) you are a part of and other identity markers (e.g., familial role, hobbies, personality traits). Using the other side of this paper, complete the Identity Map to create a visual representation of the different parts of your identity.

For the purpose of this self-examination, please identify the memberships you claim and/or those ascribed to you. Below are examples of social identity groupings and other identity markers. Many of these traits are often not known until someone gets to know us and are important to understanding who an individual is.

### Parts of Identity

(Feel free to use your own language for your identities.)

Social Identity Group	Examples
Gender Identity	Woman, Man, Transgender, Post-gender, Cis-gender, Genderqueer, Agender, Pangender, Non-binary
Sex	Intersex, Female, Male
Race & Ethnicity	Asian, Native American, Black, White, Bi/Multiracial, Latinx, Irish, Chinese, Puerto Rican, Italian, Mohawk, Jewish, Guatemalan, Lebanese, European-American
Sexuality	Lesbian, Gay, Bisexual, Pansexual, Heterosexual, Queer, Attractionality, Questioning, Asexual
Religion/Spirituality/Faith	Hindu, Muslim, Buddhist, Jewish, Christian, Pagan, Agnostic, Atheist, Secular Humanist
Socioeconomic Status	Poor, Working Class, Lower-Middle Class, Upper-Middle Class, Owing Class, Ruling Class
(Dis)Ability	Autistic, Bipolar Schizophrenic, Quadriplegic, Epileptic, Deaf, Blind, Amputee
Nation(s) of Origin and/or Citizenship Status	United States, Nigeria, Korea, Turkey, Argentina, Mexico, France,
Tribal or Indigenous Affiliation	Mohawk, Aboriginal, Navajo, Santal
Body Size/Type	Fat, Average, Thin, Athletic, Skinny, Tall, Short
Language(s)	Multilingual, Bilingual, English, Spanish, Mandarin
Familial Relationships	Sibling, Mother, Father, Parent, Aunt, Cousin, Only Child
Hobbies/Interests	Acting, Reading, Playing Sports, Meditating, Drawing, Hiking, Riding Bikes, Eating Adventurous Foods
Personality Traits	Funny, Honest, Stubborn, Survivor, Empathetic, Shy, Lazy
Other Important Parts of Who You Are	Child of Substance Users, Activist, Divorced Parents, Lived Abroad, Loss of a Loved One, Pet Owner

**Sources:**

Facing History and Ourselves. (2020). Identity Charts. Available at: [www.facinghistory.org/resource-library/teaching-strategies/identity-charts](http://www.facinghistory.org/resource-library/teaching-strategies/identity-charts)  
 University of Michigan. (2020). Social Identity Wheel. Available at: [sites.lsa.umich.edu/inclusive-teaching/sample-activities/social-identity-wheel/](https://sites.lsa.umich.edu/inclusive-teaching/sample-activities/social-identity-wheel/)

# My Identity Map

