



Exploring My Identity

Your identity is a blend of traits that come from nature and nurture. Traits you're born with (nature) include different aspects of your personality. Cultural traits (nurture) include those things you learn and adopt from the people you've interacted with throughout your life.

In this activity, you will reflect on different parts of your identity. We encourage you to share some or all of them with your employer or direct care worker. This will help you get to know each other better and build a stronger relationship.

1. Write your name in the center of a blank piece of paper. Surround it with words that describe a piece of your identity. Write as many descriptions as you'd like.

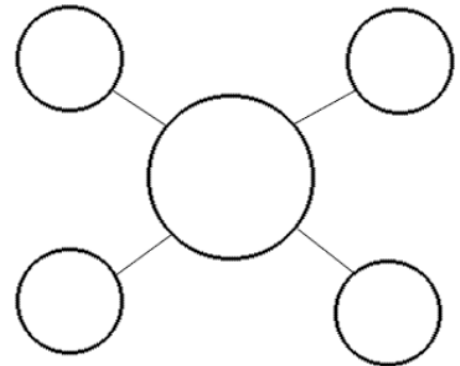


Diagram source: [Circles of My Multicultural Self Handout](#)

To help you get started, here are some categories to consider:

- Ethnicity
- Gender
- Religion
- Age
- Sexual orientation
- Job
- Language
- Values
- Nationality
- Interest and hobbies
- Skills and talents
- Family role (parent, daughter, sibling)
- Marital status (single, married)
- Personality traits (ambitious, creative, shy, ...)

2. Select one or two important aspects of your identity that you'd like to share with your employer or direct care worker. As your relationship develops and you feel more comfortable, you might choose to share more aspects about yourself.
3. (Optional) If a word that you use to describe yourself has a stereotype that doesn't apply to you, explain. Use a statement like this:

"I am (a/an) _____, and I (am or am not)_____."

Examples:

I am an autistic person, and I am a business owner.

I am an older person, and I am good with computers.

I am a person who uses a wheelchair, and I love to dance.