



Exploring Identity Markers

This activity will help you understand your identities and how those influence you as you move through your life.

We all have intersecting social identities. Our inner sense of racial, cultural, or ethnic identity is one aspect; how we're perceived racially or culturally is another aspect; our gender is another social identity; our age is another; our class background is another. Each identity is more or less salient depending on the context. Racial identity markers often take on particularly outsized roles. Although the concept of race as a biological classification system is absurd (it has no basis in biology), we live in a cultural world in which race is very, very real.

The way that we understand ourselves has a big impact on who we are and how we show up in the world. To understand your own and others' experience in the world, it's useful to understand the difference between an *internal identity* and an *external experience*. Your internal identity is how you see yourself and feel inside. Your external identity is how the majority of other people see you. Racial identity markers are a part of both these identities.

Use the following activity to explore your concept of your identity. Adapted from *The Art of Coaching Workbook: Tools to Make Every Conversation Count* by Elena Aguilar.

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Reflecting on Identity Markers

	Which of these were you aware of as a child?	Which ones feel important to you now?	Which three are the most important to you?	Which ones do you prioritize sharing about yourself?	Which ones do you think others typically notice about you?	Which ones do you tend not to think about?
Age						
Education						
Ethnicity						
Family status						
Gender						
Geographical location						
Immigrant status						
Language						
Marital status						

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Nationality						
Physical appearance						
Physical ability (able-bodiedness)						
Race						
Religion						
Sexual orientation						
Socioeconomic status						
Other						

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Reflect

- When you look at your three most important identity markers, which specific life experiences made those so prominent?
- What impact have your top three identity markers had on your life?
- Have any of your identity markers felt more relevant during other periods of your life? How so?
- Do your closest friends share aspects of your identity? How so?
- What thoughts and feelings arose in you in doing this reflection?

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