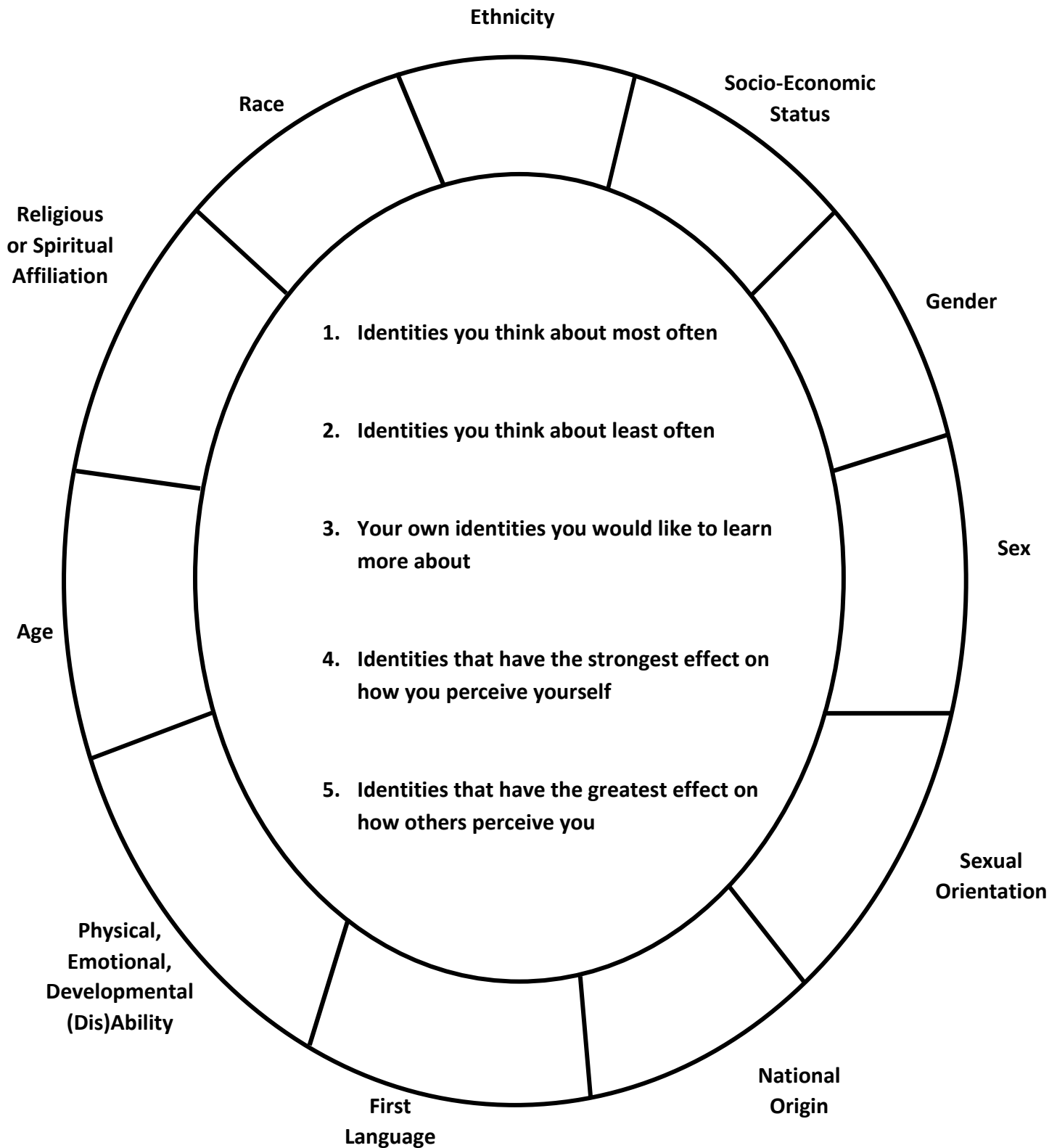


## Social Identity Wheel Instructions

Exploring your social identity can be a powerful way of learning more about yourself, what you value, and how you show up in the world. The social identities in this wheel are those developed by a group of people who are experts in social identity development, but this does not mean that the list is perfect. It is an exercise that can allow us all to stop and think for a moment and allow some time for reflection. Use it in the way that feels most comfortable to you! One way to use the exercise is to do it with co-workers, friends, or family. Or just take time for you and explore!

This exercise from the University of Michigan is an excellent way to for you to explore your own social identities. Below you will find the instructions for using the tool.

1. In the outer oval, place your identity for each category in the box below the word. Look at the page titled Social Identity Groups for some definitions of words you could use for each category. This list is not all inclusive so use words that are comfortable to you.
2. Then, look at the numbered list in the center of the oval. For each statement, look at the identities that you have in the outer oval and place the number in the circle if the statement holds true for that identity. You can have the number in more than one box. For example, the statement Identities you think about most often, if that fits for Race, Age, and Sexual Orientation, place the number 1 in all those boxes.
3. Continue until you have addressed all the statements.
4. Next, take some time to reflect on how you have filled out the tool.
5. Finally, there may be areas of your identity that you would like to explore in greater detail. Look for resources that could help you learn and grow in the areas that are important to you.



## Social Identity Groups

Social identity groups are based on the physical, social, and mental characteristics of individuals. They are sometimes obvious and clear, sometimes not obvious and unclear, often self claimed and frequently ascribed by others. For example, racial groupings are often ascribed as well as self-claimed. Government, schools, and employers often ask an individual to claim a racial identity group or simply ascribe one to an individual based on visual perception. Other social identities are personally claimed but not often announced or easily visually ascribed such as sexual orientation, religion, or disability status.

For the purpose of this self-examination please identify the memberships you claim or those ascribed to you. Below are examples of social identity groupings. Since issues of social identity often are the basis of much social conflict, it is reasonable to expect that even the terms we use to describe them may cause disagreement. So feel free to use your own preferred terms for the material below.

### Examples

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

Gender	Woman, Man, Transgender, Post-Gender
Sex	Intersex, Female, Male
Race	Asian Pacific Islander, Native American, Latin@, Black, White, Bi/Multiracial
Ethnicity	Irish, Chinese, Puerto Rican, Italian, Mohawk, Jewish, Guatemalan, Lebanese, European-American
Sexual Orientation/ Attractionality	Lesbian, Gay, Bisexual, Pan-Attractional, Heterosexual, Queer, Questioning
Religion/Spirituality Faith/Meaning, Atheist, Secular Humanist	Hindu, Muslim, Buddhist, Jewish, Christian, Pagan, Agnostic,
Social Class	Poor, Working Class, Lower-Middle Class, Upper-Middle Class, Owning Class, Ruling Class
Age	Child, Young Adult, Middle-Age Adult, Senior
(Dis)Ability	People with disabilities (cognitive, physical, emotional, etc.), Temporarily able-bodied, Temporarily disabled
Nation(s) of Origin and/or Citizenship	United States, Nigeria, Korea, Turkey, Argentina
Tribal or Indigenous Affiliation	Mohawk, Aboriginal, Navajo, Santal
Body Size/ Type	Fat, Person of Size, Thin

**Marginalized Group:** social identity groups that are disenfranchised and exploited

**Privileged Group:** social identity groups that hold unearned privileged in society