

Racial Identity: _____ Gender Identity:

How accepting do you feel society is towards your identity?

Not Accepting Rarely Accepting Somewhat Accepting Very Accepting Always
Accepting

How represented do you feel society is towards your identity?

Not Represented Rarely Represented Somewhat Represented Very Represented Always Represented

How supportive has your family and friends been to your identity?

Not Supportive Rarely Supportive Somewhat Supportive Very Supportive Always
Supportive

How often do you look at someone else and negatively compare yourself to them?

Not Often Rarely Often Somewhat Often Very Often Always Often

What are some of your favorite parts about your identity? (Please try to think of at least 3-5
different things)

What are some of the difficulties that your identity has caused you in your daily life?

Are there times that you look at other people and envy the way they present or identify? If so,
how does this manifest?

What are some of the problems you have with the way that society expects you to act?

How accessible do you feel support groups are for your identity?

Not Accessible Rarely Accessible Somewhat Accessible Very Accessible Always
Accessible

What about your identity makes you proud to be who you know you are?

Try to look at a problem you have with your identity, and compare it to something you are proud of. What is the difference between the two?

Keep in mind that society's expectations for you are not necessarily what you need. What are some of the ways that society has allowed you to thrive?

How has your local community filled in the gaps where society has struggled to assist you?

What are 1-2 things you feel like you could always rely on when you are distressed or upset?
