

Social Identity Matrix

What does it mean to show up as your authentic self? Who are you? What identities do you want to affirm in this space together? Make a copy of this document and individually complete the activity for three minutes by highlighting or adding identities in each column. An alternative is to jot down your identities on a scrap of paper. Pick two identities you want to share and have affirmed in this space. As a whole group, have each member introduce themselves using the sentence stem, "I am name. I am identity 1. I am identity 2. Sharing is optional.

| Identities that you think most often about | Identities that you think least often about | Your own identities you would like to learn more about | Identities that have the strongest effect on how you see yourself as a person |
|---|---|--|---|
| Race Ethnicity Socio-economic class Gender Sexual orientation Age National origin First language Physical/developmental ability Religion/spiritual affiliation Other identity | Race Ethnicity Socio-economic class Gender Sexual orientation Age National origin First language Physical/developmental ability Religion/spiritual affiliation Other identity | Race Ethnicity Socio-economic class Gender Sexual orientation Age National origin First language Physical/developmental ability Religion/ spiritual affiliation Other identity | Race Ethnicity Socio-economic class Gender Sexual orientation Age National origin First language Physical/developmental ability Religion/spiritual affiliation Other identity |

Adapted from "Voices of Discovery," Intergroup Relations Center, Arizona State University

