

# Social Identity Profile

This exercise explores your social identity. You will be asked to identify yourself along a number of social categories and then do some coding in three areas related to each category. You will not need to show your paper to anyone, but you will be invited to share your insights and any information that you choose.

1. How do you identify yourself in relation to each of the following categories? Write a few words or names that you most commonly use to identify who you are in relation to each category listed.
2. Do you gain social power, privilege, and advantages from your identity? If you are socially empowered because of your identity group, write **“A” (for agent)**. If you are limited, discriminated, or disempowered because of your identity group, write **“T” (for target)**. If you feel your identity is “at the margins” or mixed in terms of privilege, write **“M” (for margin)**.
3. Is your identity simple and clear-cut in relation to each of the categories? If yes, write **“S” (for simple)**. If your identity is more complex, not so easy to categorize, in the middle, or changeable, write **“C” (for complex)**.
4. **Rank (0 - 3)** each of these categories in order of meaningfulness, importance, or relevance for you personally. Think about how each matters in your daily life, activities, and relationships. For each category, write a number ranging from “0” for not meaningful at all to “3” for very meaningful.

Category	1. Names or identity	2. A/T/M	3. S/C	4. R
Age				
Economic Status/ Class				
Gender				
Language				
Ability Status				
Race, Ethnicity, Skin Color				
Religion, Spirituality				
Sexual Orientation				
Socio-Political				

# Reflection Questions

1. Given your social identity profile, think of a situation when you have or think you would experience privilege or some unearned advantage, whether it is intentional or unintentional. Briefly describe the situation and how you think it did or would affect you.

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2. Given your social identity profile, think of a situation when you have or think you would experience intentional or unintentional oppression, discrimination, or marginalization, whether it is intentional or unintentional. Briefly describe the situation and how you think it did or would affect you.

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3. Name a stereotype associated with one of the groups with which you identify that is not consistent with who you are. Fill in the following sentence:

I am (a/an) \_\_\_\_\_ but I am NOT (a/an)\_\_\_\_\_.