

# Personal Identity Wheel

(Adapted for use by the Program on Intergroup Relations and the Spectrum Center, University of Michigan)

Fill out the following wheel to describe yourself! What are things that you might have in common with those around you? What are components that might be different?

**Number of Siblings**

**Favorite Music**

**Birth Order**

**Favorite Food**

**Personal Motto**

**Favorite Movie**

**Favorite Color**

**Favorite Book**

**Name:**

\_\_\_\_\_

**Three Adjectives to Describe Yourself:**

1) \_\_\_\_\_

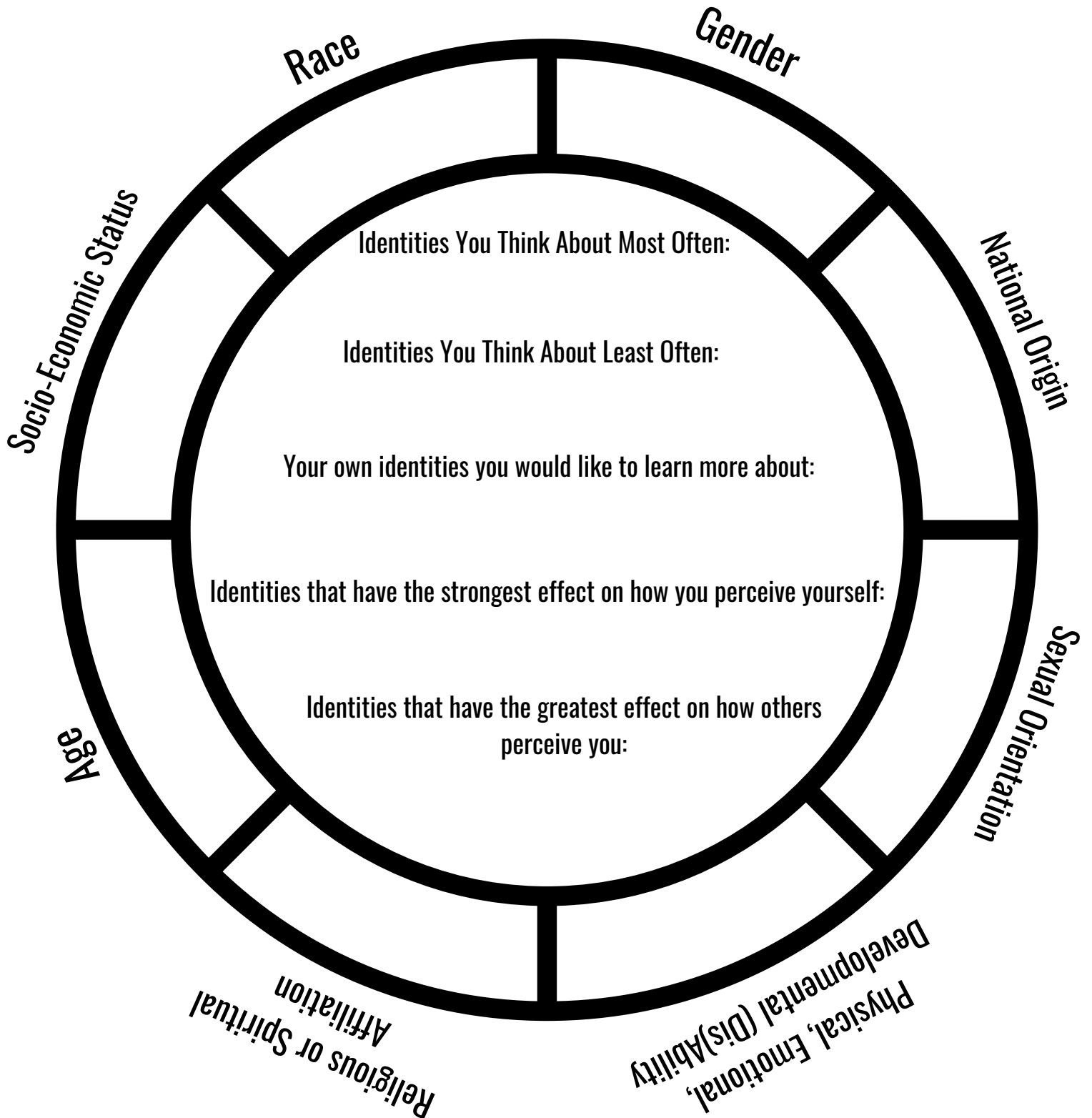
2) \_\_\_\_\_

3) \_\_\_\_\_

# Social Identity Wheel

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Fill out the following wheel with your social identities. You do not need to share these with anyone if you are not comfortable doing so!



# Social Identity Categories

(Adapted from: Lyon, Catalano, Shasko, & Runnell of the School of Education, Social Justice Edu, Florida State University "Social Justice Ally Training Workbook")

Use the following chart as a cheat sheet to develop a general understanding of each social identity category.

Social Identity Categories	Examples
Race	White, Black, *Latinx, Asian/Pacific Islander, Native American, Biracial, Multicultural
Ethnicity	Anglo, Dutch, African-American, Chicanx, Cuban, French, Lakota, Navajo, Irish, Puerto Rican, German, etc.
Sexual Orientation	Heterosexual, Bisexual, Gay, Queer, Lesbian, Pansexual, Questioning
Religion or Spiritual Affiliation	Christian, Jewish, Muslim, Hindu, Bahai'l, Agnostic, Atheist, Two-Spirit
Socioeconomic Status	Owning Class, Upper Class, Middle Class, Working Class, Poor
Age	Young Adults, Middle Age Adults, Adolescents, Child, Senior/Elder
Gender	Man, Woman, Transgender, Gender Queer, Non-Binary
Sex	Male, Female, Non-Binary, Intersex
National Origin	United States, Japan, Korea, Ireland, Mexico, Dominican Republic, Canada
Physical/Psychological Mental/Learning Ability	Able Bodied, Living with a Disability, Living with Chronic Disease

Notes:

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