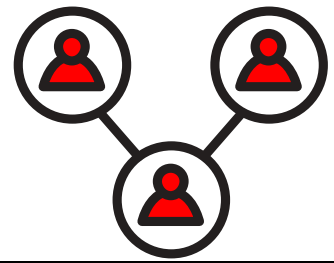


# YOUR SOCIAL IDENTITY

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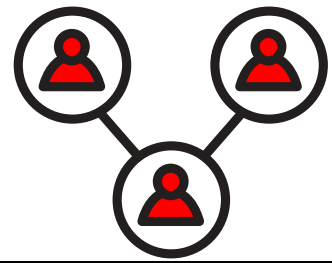


Take a few minutes to write down all the different identity groups or identity categories that you belong to that are important to your sense of self. This could be your race, religion, gender identity, nationality, sexual orientation, job role, sector of work, relationships to others (i.e. friend, parent, sibling, spouse), level of education, social class, activities or things you enjoy—whatever feels important to you.

As you write these down, try to cluster identities that tend to be related closer together on the page (i.e. Woman and Friend), and you can write identities that don't go together as often farther apart on the page (i.e. Black and Republican). When you're done, you can draw some lines between identities that fit together closely.

Based on Roccas, S., & Brewer, M. B. (2002). Social identity complexity. *Personality and social psychology review*, 6(2), 88-106.

# YOUR SOCIAL IDENTITY



## REFLECT

When you're done, step back and look at your mini identity map.

Consider:

- How many of these identities or groups did you come up with? How does it feel to look at your map?
- How tightly clustered were your identities on your map, or how spread out were they?
- Are there certain situations when some group identities are more salient to you than at other times?
- Do you ever change your behavior when you're around certain groups, compared to when you're with other groups?
- Have you learned anything about yourself in considering your identities in this way?

Research shows that people who have more “social identity complexity,” or who have a range of important identities that don't tend to go together/have tension between them tend to show more tolerance of out-groups and openness. So consider—what are the tensions within my own identity? Does thinking about these tensions impact the assumptions I'm willing to make about others?

Based on Roccas, S., & Brewer, M. B. (2002). Social identity complexity. *Personality and social psychology review*, 6(2), 88-106.