Mapping Your Identity Reference Points

- How does your family identify ethnically or racially?
- What is the story of your family in the United States?
- How would you describe your family’s economic status (past and/or present)? What does that mean in terms of quality of life?

In reflecting on your upbringing:

- What behaviors or physical/social/cultural attributes were praised in your community? Which ones were you taught to avoid?
- In thinking about messages (verbal/nonverbal) from your upbringing, what did your parents, neighbors, and other authority figures tell you respect looks like? Disrespect?
- What family stories or witty sayings were regularly told or referenced? What message do they communicate about core values?
- What were your early experiences with diversity (e.g. race, language, ability, gender, socioeconomic status)?