Circles of My Multicultural Self

This exercise emphasizes the multiple dimensions of our identities. It focuses on the importance of people self-defining their identities and challenging stereotypes.

**Instructions:** Place your first name in the center of the circle of the figure below. Write down a significant aspect of your identity in each of the outside circles, such as a descriptor or an identifier that you feel is important in defining you. This can include anything from mother, female, Hispanic, teacher, athlete, Buddhist, scientist, or any other identifier that you choose to highlight.

1) Share a story that you feel comfortable sharing in this space about a time that you were especially proud to identity yourself with one of descriptors you chose to use above.

2) Share a story that you feel comfortable sharing in this space about a time it was particularly painful to be identified with one of the descriptors you chose to use above.

3) Name a stereotype associated with one of the groups that you identified which is NOT consistent with who you are. For example, fill in the following sentence:

   I am (a/an) ________________________, but I am NOT (a/an) ________________________.

   (So if one of my descriptors was “Muslim,” and I thought a stereotype was that all Muslims are terrorists, my sentence would be:

   “I am a Muslim, but I am NOT a terrorist.”