

SELF-REFLECTION: Your Own Identity

DESCRIBE YOURSELF:

Examine your own identity

- Age, gender, birth order, educational level, profession, socioeconomic level, and ethnic background...
- Describe your personality: typical thoughts, emotions, and behaviors.
- How did the relationships with your family members affect your gender identity?
- How have your relationships with your peers affected it?
- Who is your reference group and what are their norms?
- How have the communities you have lived in affected it?
- How has your society and culture affected your identity?
- What is your ethnic identity?
- What locality or community did you grow up in?
- How did your family see itself as like or different from families of other ethnic groups?
- What are your earliest images/remembrances of ethnic differences?
- How has the historical era in which you have lived affect you?
- When you graduated from high school—
- How much did a house cost in Seattle to be considered middle-class?
- What were the fads?
- Who were the heroes?
- What were the morality trends at the time regarding sex, drugs, marriage, etc?
- What were the political issues?

Sex Role Analysis:

- Beginning with early childhood to present day, write down the dominant messages you have received about how you should or should not be because of your sex.