

A Map of Myself

[]		
---	---	--	--

Note: This identity mapping table was adopted from “A Map of Myself” by Harlap (2008).

1 “Race is a socially constructed system of classifying humans based on phenotypical characteristics (skin color, hair texture, and bone structure)” (Sensoy & DiAngelo, 2012, pp. 22–23).

2 “Ethnicity refers to people bound by a common language, culture, spiritual tradition, and/or ancestry. Ethnic groups can bridge national borders and still be one group . . . At the same time, ethnic groups can live within the same national borders and not share the same ethnic identity” (Sensoy & DiAngelo, 2012, p. 23).

3 Gender expression is the gender that a person presents to the world. Gender identity is the gender that a person feels inside. Gender expression and gender identity often correspond with biological sex, but this is not the case for all people.

Reflection Questions

1. Considering all your social identities listed in the table above, on a daily basis, which ones are you most aware or conscious of? You can pick more than one domain if you want.

a) Most aware/conscious of:

b) What do you appreciate about or gain from that identity?

c) What is the most negative or difficult thing about that identity?

2. Considering all your social identities listed in the table above, on a daily basis, which ones are you least aware or conscious of? You can pick more than one domain if you want.

a) Least aware/conscious of:

b) What do you appreciate about or gain from that identity?

c) What is the most negative or difficult thing about that identity?

3. What stood out most to you in this exercise? Why?

4. What would you like to know more about or explore further?

A Map of Myself