A Map of Myself

Instructions

- 1. Write your identity in Column B corresponding to each identity domain in Column A.
- 2. In the top row on Column C, write the places where you live now (and lived as a child, if it is different from where you live now).
- 3. For each identity domain on Column B, consider if it puts you in a position of privilege or marginalization. Write "P" for privilege and "M" for marginalization on Column C.
- 4. Proceed to Reflection Questions.

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A. Domains	B. My Identity/identities	C. Does this identity give me a position of privilege (P) or marginalization (M) relative to most people in:		
		The place I live now]	The place I lived as a child
Race (1) (e.g., white, black, biracial)				
Ethnicity (2) (e.g., Chinese, Welsh, Cree, Inuit, Métis)				
Biological sex (e.g., male, female, intersex)				
Gender identity/expression (e.g., women, men, transgender)				
Sexual orientation (e.g., lesbian, gay, heterosexual, bisexual)				
Religion				
Dis/ability (e.g., able-bodied, disabled)				
First language				
Other				

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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?

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