

Who Am I?

identity exploration exercise



Identity is how you think about, describe, and present yourself. It can be made up of different roles, traits, or experiences. For example, an identity may include *parent, survivor, dog owner, chronic illness sufferer, and kind person*. A strong sense of identity can give meaning and direction in life.

Instructions: Name the parts of your identity and describe what they mean to you. Then, rate how much you identify with each part (1 = very little, 10 = very strongly). *Note: You do not have to use all the boxes.*

Part of My Identity	Rating (1-10)
What it means to me:	

Part of My Identity	Rating (1-10)
What it means to me:	

Part of My Identity	Rating (1-10)
What it means to me:	

Part of My Identity	Rating (1-10)
What it means to me:	

Who Am I?

identity exploration exercise



Part of My Identity	Rating (1-10)
What it means to me:	

Part of My Identity	Rating (1-10)
What it means to me:	

Part of My Identity	Rating (1-10)
What it means to me:	

Part of My Identity	Rating (1-10)
What it means to me:	

Reflect on the most important aspects of who you are, then write a title or nickname for your identity. For example: *The Poetry-Loving Energetic Engineer* or *Silly Cat Mom with Tattoos*. Be as creative as you like!