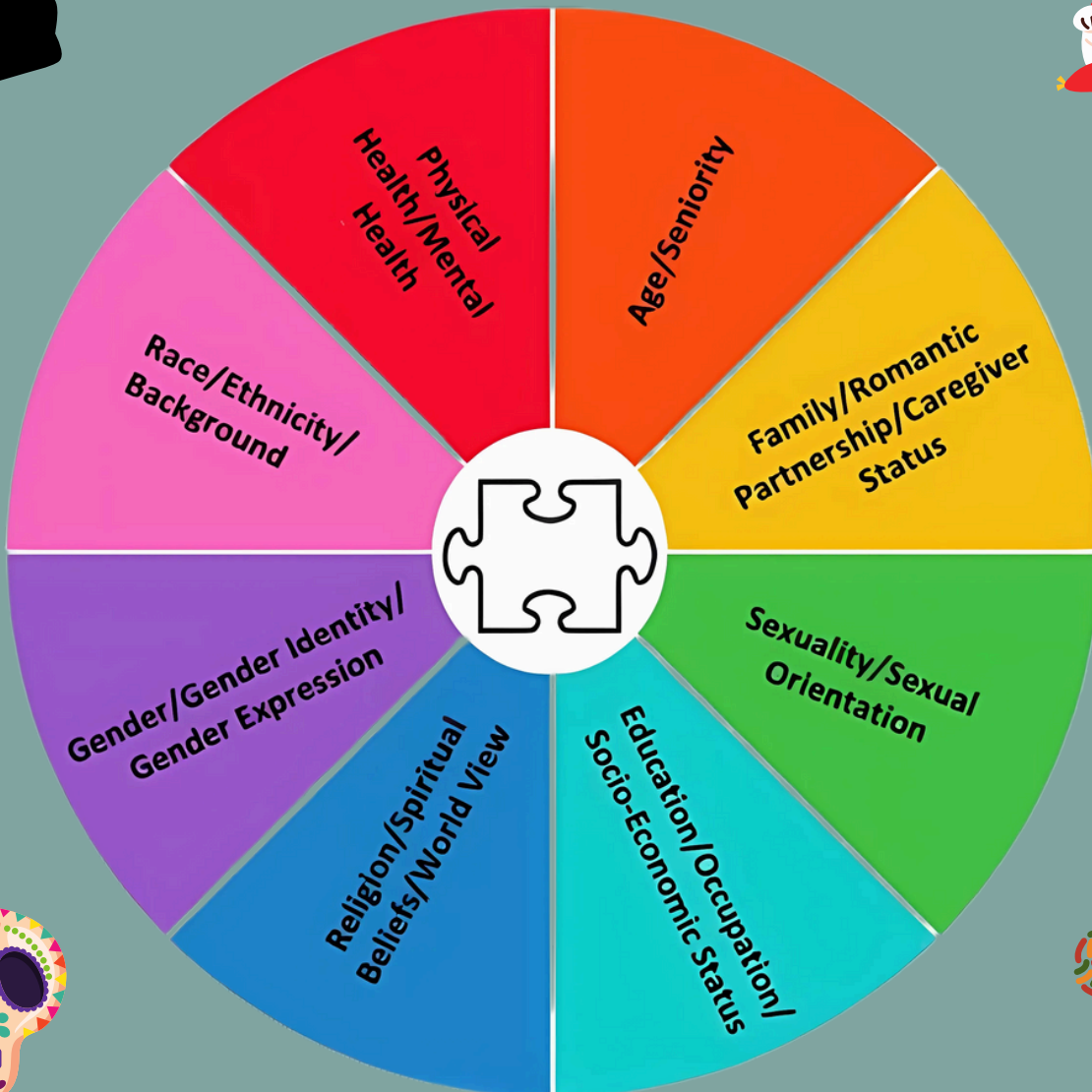




Cultural Identities Worksheet

What does culture mean to you?

Cultural Identity Wheel





Cultural Identities Worksheet

OVERVIEW

The wheel on Pg.38 provides some examples of cultural identities and groups. Pick 3 cultural groups or identities (those listed or not listed on this wheel) that significantly impact who you are.

1

2

3

Imagine the second cultural identity you listed above was erased and no longer existed. What are some emotions or feelings you have now that the cultural group or identity is not a part of you?

What are ways in which each of your listed cultural identities have offered you certain advantages/privileges? Have they presented certain challenges/obstacles as well?

How might each of your listed cultural identities push or pull you away from achieving mental health wellness?



Cultural Identities Worksheet

VALUES & BELIEFS

CULTURAL VALUES & BELIEFS

Ten common cultural values and their definitions are listed below. Please place a checkmark in the box next to each value you identify as being important to you.

Importance of Family²

Valuing close connectedness among family members.

Respect for Authority³

Valuing and showing politeness to those with superior status.

Respect for Elders³

Valuing and showing politeness to those older than oneself.

Importance of Close Relationships

Forming and valuing personal, reciprocal relationships.

Modesty and Humility

Understanding personal strengths and limitations.

Collectivism

Prioritizing the well-being, needs, and shared goals of a group.

Individualism

Valuing personal well-being over group needs and goals.

Acceptance¹

Events are predetermined and happen for a reason.

Spirituality and Religiosity

Belief in a higher power or affiliation with a specific religion.

Conformation to Gender Roles

Fulfillment of expectations associated with respective gender.



Cultural Identities Worksheet

VALUES & BELIEFS

CULTURAL VALUES & BELIEFS

Based on the cultural values selected on the previous page, answer the following questions using the provided lines below. Please answer the questions to the best of your ability and as honestly as possible.

In what ways might the cultural value(s) you identified as important be helpful in achieving mental health wellness?

In what ways might the cultural value(s) you identified as important act as an obstacle in achieving mental health wellness?

Compare the cultural value(s) you selected with your provider. How are these values similar? How are they different?
