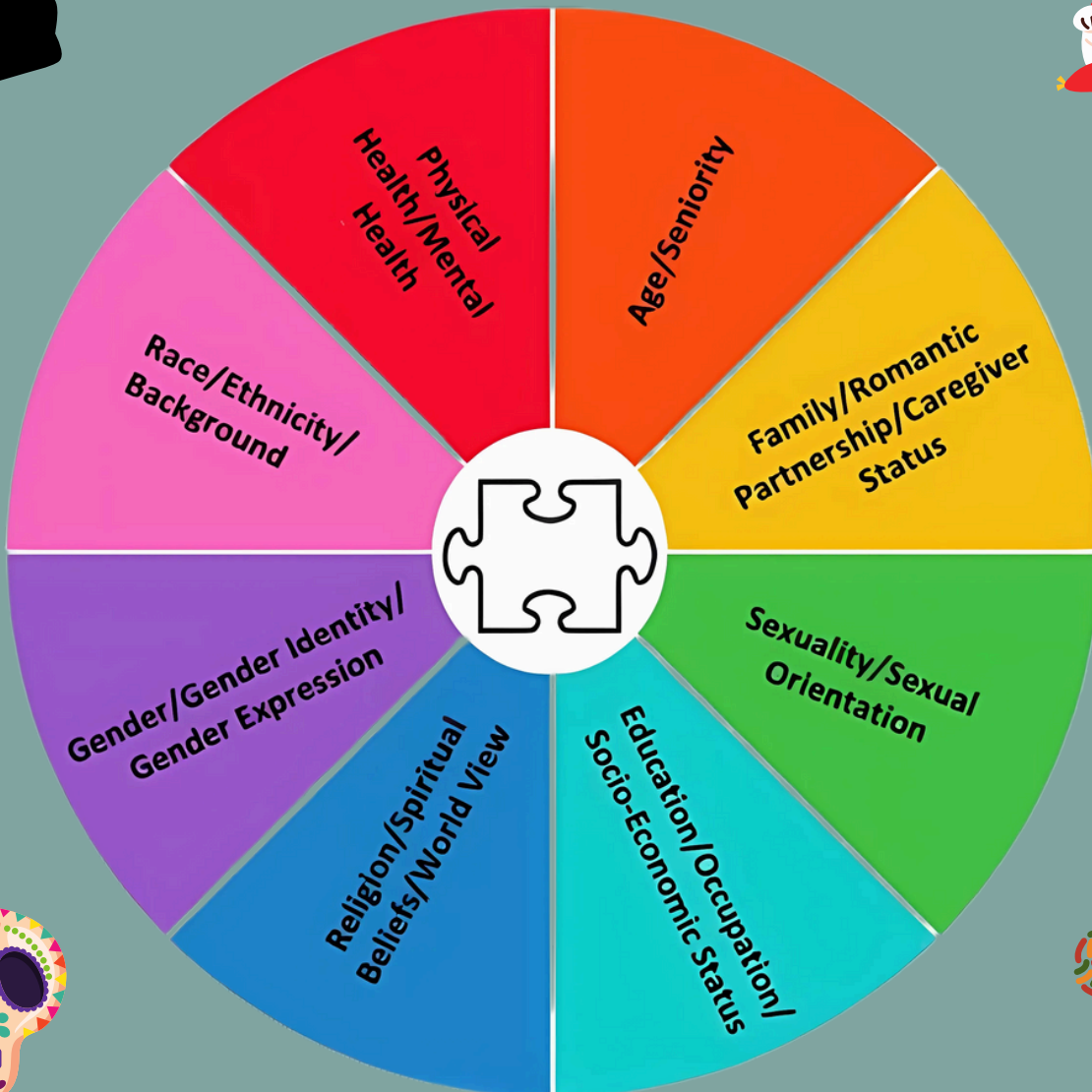




Cultural Identities Worksheet

What does culture mean to you?

Cultural Identity Wheel





Cultural Identities Worksheet

OVERVIEW

The wheel on Pg.39 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?
