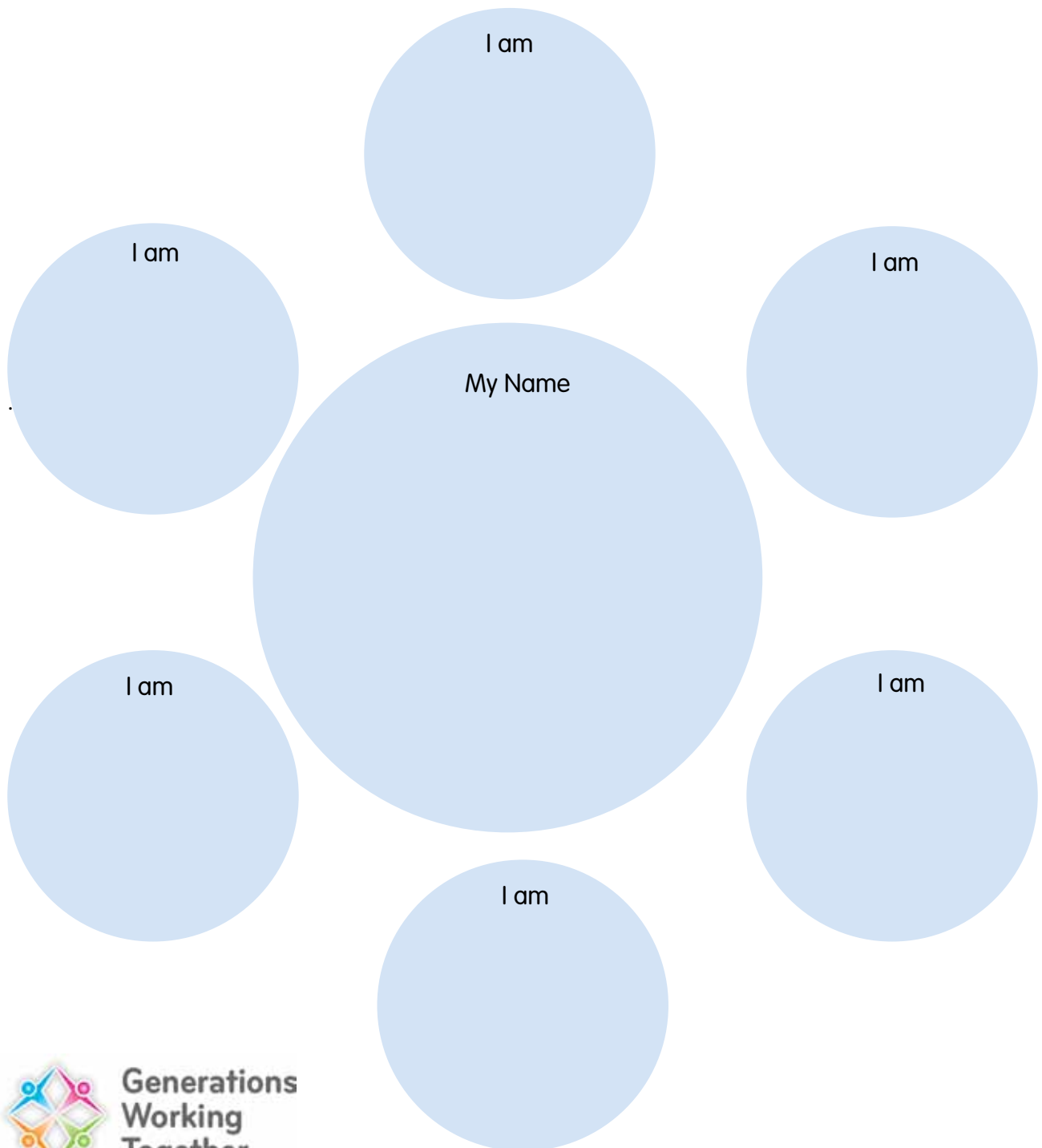


# Circles of Self

Place your name in the centre circle of the structure below. Write an important aspect of your identity in each of the satellite circles – a description that you feel is important in defining you. This can include anything:



# Circles of Self

## Examples

1. Share a story about a time you were especially proud to identify yourself with one of the descriptions you used above.
2. Share a story about a time it was quite difficult being identified with one of your descriptions.
3. Think about whether you think you are typical of the groups that you've identified with.

## For example you might say:

I am – Female but I am NOT – very interested in clothes

1. Share a story about a time you were especially proud to identify yourself with one of the descriptors you used above.
2. Share a story about a time it was especially painful to be identified with one of your identifiers or descriptors.
3. Name a stereotype associated with one of the groups with which you identify that is not consistent with who you are.

Fill in the following sentence:

I am (a/an).....

but I am NOT (a/an) .....