

# Who Am I?

## identity exploration exercise

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**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:	

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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!