

# How Do You Show Up?



1. The ethnicity and/or race\* I most identify with is \_\_\_\_\_.
2. The gender I most identify with is \_\_\_\_\_.
3. While growing up, the majority of the people in my neighborhood were of this ethnicity and/or race: \_\_\_\_\_.
4. When it comes to being a (*answer from question 1*) person, I feel I can be proud of  
\_\_\_\_\_  
\_\_\_\_\_.
5. When I think of my race and/or ethnicity one thing I am not proud of is:  
\_\_\_\_\_.
6. At times, being (*answer from question 1*) can be difficult because \_\_\_\_\_.
7. At times being a (*answer from question 2*) can be difficult because \_\_\_\_\_.
8. As a (*answer from question 2*) I am proud because \_\_\_\_\_.
9. The socioeconomic class (working, middle, upper-middle, upper, etc.) I most likely fit in while growing up was \_\_\_\_\_.
10. Growing up, my household consisted of (e.g., my mom and little brother; mom, dad, and grandpa, etc.).  
\_\_\_\_\_.
11. True or False: I have personally either been a target of oppression (racism, sexism, heterosexism, classism, ableism, ageism) at least once in my life or personally eye-witnessed (i.e. not on TV, movie or heard from a friend) an act of oppression against someone else.

If True, briefly explain a specific instance that was emotionally impactful to you:

\_\_\_\_\_  
\_\_\_\_\_

\*Race is a social construct that is defined as:

1. A local geographic or global human population distinguished as a more or less distinct group by genetically transmitted physical characteristics.
2. A group of people united or classified together on the basis of common history, nationality, or geographic distribution.

\*Ethnicity:

1. Of or relating to a sizable group of people sharing a common and distinctive racial, national, religious, linguistic, or cultural heritage.
2. Being a member of a particular ethnic group, especially belonging to a national group by heritage or culture but residing outside its national boundaries.

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