

I AM

Complete this sentence. I am a(n):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

(e.g.- age, birth order, interests, religion, political party, organizations, marital status, gender, national origin, race, physical characteristics, personality type, etc.)

---Draw a circle around the group that most people identify you with

---Draw a box around the group that you consider your primary group

Choose **one** descriptor above. Circle it and answer the following questions regarding this identity:

1. What is a personal experience that caused you to select the cultural descriptor you did today? Why is this descriptor important to you?
2. What is something that has happened in your life to make you feel that you mattered as being a member of the culture you selected? (affirmation)
3. What is something that has happened in your life to make you feel like an outsider because you are a member of this culture? (challenge)

HOW DO YOU SPELL VALIDATE?

V Value	How do I show others that I value them?
A Appreciation	What are some words or actions that signify appreciation?
L Listen	How do I know that someone has listened to me? How do I listen to others?
I Interpret	How do I interpret what other people think of me and how they listen to me?
D Demonstrate	What are ways I can demonstrate that I am listening?
A Acceptance	How can I show other people that I accept them?
T Touch	Whose lives do I touch and who touches my life with their words and actions?
E Engrossed	When I am engrossed in a conversation, you know it because.....

