

# Cultural Identity Worksheet

Cultural Humility & Responsive Service Delivery • THW Continuing Education

## WORKSHEET

# Cultural Identity Self-Exploration

### Download the printable worksheet

A full fillable version of this Cultural Identity Worksheet is available in your course materials. Print or fill digitally. Take your time — 15-20 minutes minimum.

Culture is more than race and ethnicity. It includes all the identities, values, and experiences that shape who you are. There are no right or wrong answers here — this is for your own awareness.

## Part 1 — My Cultural Identities

For each category below, reflect on how you identify and what that identity means to you.

Identity Category	How I Identify / What This Means to Me
Race / Ethnicity	_____
Gender	_____
Sexual Orientation	_____
Religion / Spirituality	_____
Socioeconomic Class (current)	_____
Socioeconomic Class (family of origin)	_____
Ability / Disability	_____
Age / Generation	_____
Language(s)	_____
Geographic / Regional Identity	_____
Education / Profession	_____
Recovery / Lived Experience	_____

## Part 2 — Reflection Questions

- **1.** Which of your cultural identities are you most aware of on a daily basis?
- **2.** Which are you least aware of? What might that tell you?
- **3.** What cultural *strengths* do you bring to your peer support work?
- **4.** What cultural *blind spots* might you have? What identities do you have limited exposure to?
- **5.** How do your identities show up in who you connect with most easily? Who do you find harder to connect with, and why might that be?
- **6.** When you think about the people you support, what cultural assumptions do you make? Are any of them worth examining?

### **Remember**

Self-awareness is the foundation of cultural humility. The goal isn't to feel guilty about who you are — it's to bring your identities into conscious awareness so they can inform rather than control your practice.

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