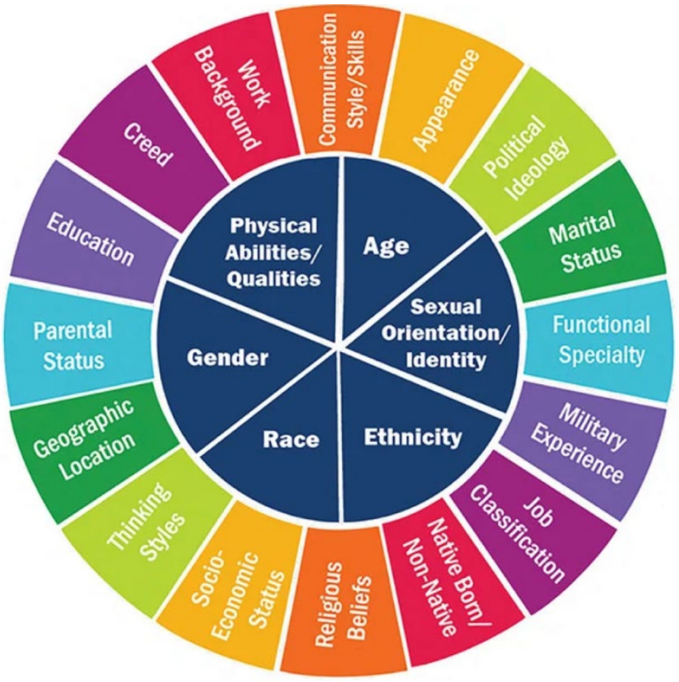
The Identity Wheel



Instructions:
Using this graphic, identify the parts of your identity that shape your worldview and relationships. Then, reflect using the prompts that follow.

Reflection Prompts:

1. Which identities do I think about most often in my daily life?
2. Which identities do I rarely think about?
3. Which parts of my identity bring me privilege, safety, or access?
4. Which parts have brought challenge, discrimination, or misunderstanding?
5. How do these identities influence the way I show up in peer work?
6. How can I practice more humility and compassion toward others' identities?

"We don't see things as they are; we see them as we are." — Anaïs Nin

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OPTIONAL FOLLOW-UP ACTIVITY

"Identity and Power in Peer Support" Reflection:
Ask participants to journal for 5 minutes:

"When supporting someone whose background is different from mine, how can I honor their lived experience without making assumptions?"