

Handout 5A.

Gaining Self-Awareness

How did you become aware of your personal identity (nationality, culture, and ethnicity)?

What early messages did you receive about other groups?

How did you define *family* when you were growing up? Has your definition changed?

What messages did you receive about your family's socioeconomic status?

Were girls treated differently from boys in your family? What were your family's expectations for you?

How and when were you encouraged to express your ideas and feelings?

Was it acceptable to be noisy and active in your home, or were children expected to be seen and not heard?

How was discipline handled?

Was independence encouraged?