

Exploring Identity involves looking at your own identity and that of the group

Make individual statements about yourself that tell something about your own identity for example:

- I am a female
- I am Irish
- I am bi-sexual
- I am Roman Catholic
- I am a mother
- I am European
- I am Northern Irish
- I am a Protestant

Group Identity

To establish your group identity discuss:

- How we want to portray ourselves?
- How do others see us?