Overview:
This activity asks participants to identify and reflect on what they feel are their “true selves,” in addition to any “other selves” in which they do not feel like themselves.

Objectives:
As a result of this activity, participants will be able to:
1. Identify core characteristics of their “true selves.”
2. Reflect on and identify the elements in the environment in which they feel most like themselves.
3. Affirm, adapt, and re-imagine their “true selves” as indispensable to the roles they consider their “other selves” and to the environments in which they do not feel like themselves.

Time:
30 minutes

Group Size:
Small group

Materials:
For each participant, a pencil/pen, paper, and one copy of the Where Do You Feel Most Like Yourself Timeline (in Downloads).

Intercultural Development Continuum Stages:

- Denial
- Polarization
- Minimization
- Acceptance

AAC&U Intercultural Knowledge and Competence Goals:
Cultural Self-Awareness:
- To articulate insights into own cultural rules and biases (e.g., seeking complexity; aware of how their experiences have shaped these rules, and how to recognize and respond to cultural biases, resulting in a shift in self-description).

Other Skills:
Emotional resilience

Activity Instructions:
1. Make sure each participant has a pen/pencil and a copy of the Where Do You Feel Most Like Yourself Timeline.
2. Have a brief conversation about “true selves” vs. “other selves”:
   • What does it mean to be your “true self”?
   • Do you think you have one “true self,” or is it more like multiple “true selves”? Why?
   • What does it mean to be an “other self” (i.e., a situation where you must take on a role that doesn’t feel authentic or like your true self)?

3. Ask participants to brainstorm the core characteristics of their “true selves.”

4. Ask each participant to use the timeline to identify the following:
   • Points in their life where they feel/felt like their “true selves”
   • The environments where they feel/felt like their “true selves”
   • Points in their life where they feel/felt like their “other selves”
   • The environments where they feel/felt like their “other selves”

5. End the activity with a short debriefing conversation:
   • What did you notice about where and when you feel/felt like your “true self”?
   • What did you notice about where and when you feel/felt like your “other self”?
   • Did you have any trouble distinguishing between your “true selves” and other selves”? If so, why?
   • How might your “true selves” inform how you perform your roles as your “other selves”?

Related Tools:

Similar tools:
- Circle of My Multicultural Self
- Identity Beads
- Mindful Me
- Needs and Beliefs about Self and Others
- Self-Awareness and Core Cultural Values
- Who Am I? Echoes of Culture