**Cultural Identity Reflection Questions:**

1. How do you self-identify? (i.e., is there a particular group category, term, etc. that feels like a proper fit for your identity in regard to this cultural factor?)
2. Is it significant to your development if you were raised in a homogeneous cultural setting, community, or family? You should explore both the explicit and implicit influences on your cultural identities, even if you had not thought of them before.
3. What about your experiences, beliefs, attitudes, lifestyle, or behavior makes you claim membership to this cultural group? (i.e., In what ways do you affirm or challenge your cultural group membership to yourself or others through your behavior, attitudes, or values?)
4. How does your cultural group membership shape your worldview? (i.e., how has it impacted what you see as right or wrong, true or untrue, fair or unfair, etc.?)
5. How has cultural group membership affected your access to opportunities and resources?
6. How does you cultural group membership impact your interactions with others? (i.e., how does it shape the beliefs or biases you hold about others, who you feel aligned with, who you feel safe or unsafe around, etc)

Some specific goals for these reflection questions are to:

1. Engage in courageous conversations about reference group identities

2. Examine the power dynamics these identities have in society

3. View the world through someone else’s eyes

4. Use this opportunity to self-examine