

WORKSHEET 5

**Exploring your Cultures & Perceptions**

Choose three of the categories from the list below. Think about your culture and life experiences, and describe yourself, your family of origin, or your current family situation to your partner.

* Race
* Family form (single parent, married with no children, etc.)
* Ethnicity (cultural description or country of origin)
* Gender
* Geographic Identity (rural or urban; Western/Northern, ... Europe etc.)
* Age
* Sexual Orientation
* Religion or Spirituality
* Language
* Disabilities
* Socioeconomic status (low-income, working class, middle-class, wealthy)

After you have shared, **reflect individually** on the following questions:

- + How did you choose the three categories you shared? Are there categories that you would have been uncomfortable sharing in this group?
- + Do you feel pretty safe / less safe when you are asked to disclose personal information?