

Body Liberation and Fat Acceptance

IDENTITY SIGNS: PROMPTS

The part of my identity that I am most aware of on a daily basis is _____.

The part of my identity that I am the least aware of on a daily basis is _____.

The part of my identity that was most emphasized or important in my family growing up was _____.

The part of my identity that I wish I knew more about is _____.

The part of my identity that makes me feel discriminated against is _____.

The part of my identity that provides me the most privilege is _____.

The part of my identity that I believe is the most misunderstood by others is _____.

The part of my identity that I feel is difficult to discuss with others who identify differently is _____.