

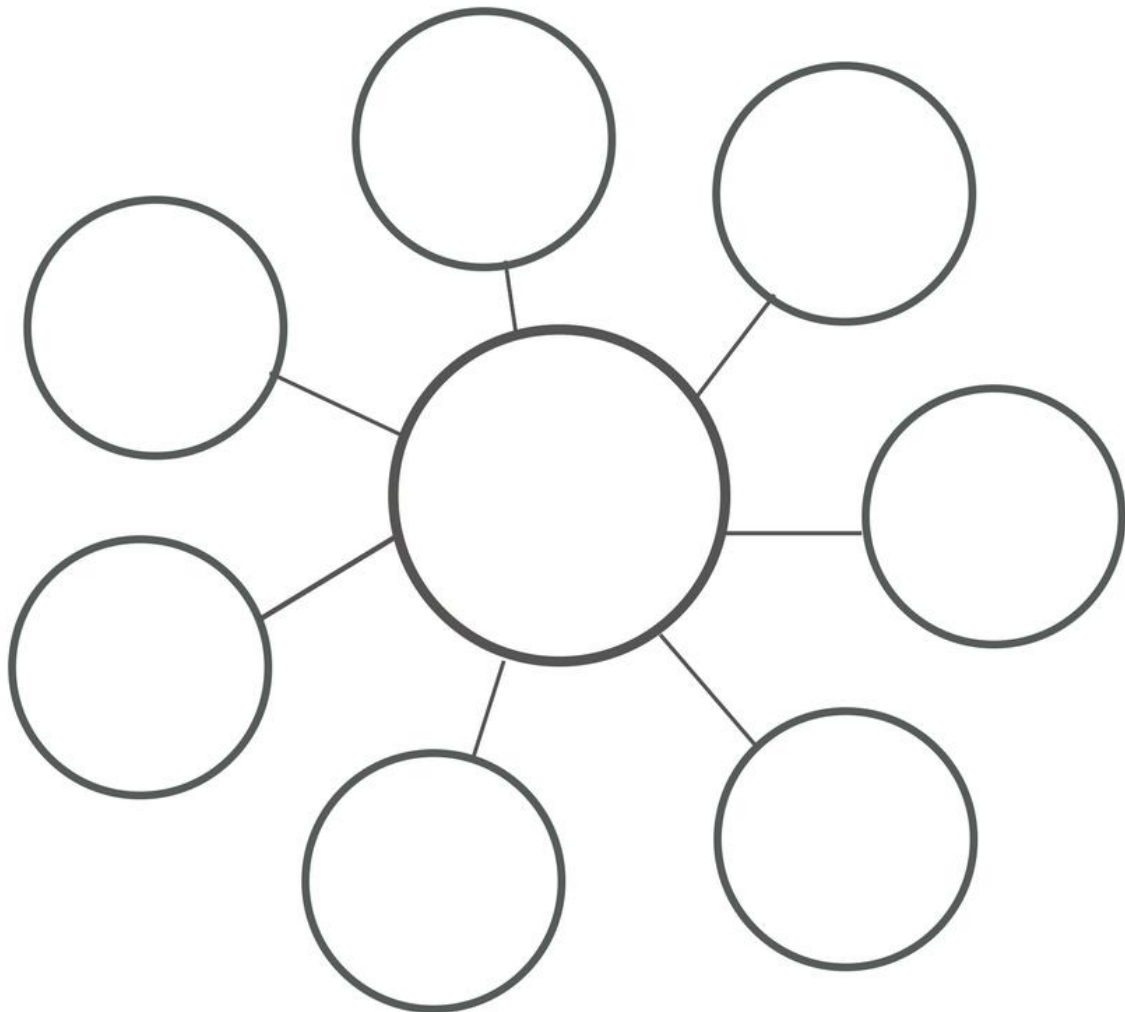
7 Circles

Exercise Adapted from Madison Area Technical College

Instructions: Write your name in the center circle.

In the smaller circles, write the names of 7 groups with which you identify. Examples: nationality, ethnicity, gender, religious affiliation, political stance, sexual orientation, geographic ties, etc.

Reflect on the questions below, which you'll be sharing your answers to. You'll each have 2 minutes to share with the group.



Was there a time when you felt proud to be a member of a certain group?

When did it feel painful to be a member of a certain group?