

# Racial Identity Development Worksheet

## Part One

Where are you in your understanding, feelings and attitudes about your \_\_\_\_\_ (insert your racial identity) at this moment?

Use the opening prompts below to help start some statements. You will share as much as you are comfortable sharing in a turn and talk with one member of your team.

I am . . .

I never/sometimes/often . . .

How do I . . .

I don't . . .

They need to . . .

I feel . . .

I would like . . .

I don't know . . .

We need . . .

Are there . . .

When I . . .

**Color Blind Racial Ideology** – Color-evasion: the belief that race does not matter in one's personal life or have an impact on interpersonal relationships (Sullivan & Cross, 2016).

**Racial Self-Schema** – Distinct generalizations, thoughts, feelings, and emotions about one's racial self (Oyserman et al., 2003).

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