

## Racial Identity Narrative

Understanding your racial identity is an important step in the direction of internal transformation towards antiracism and building authentic relationships across race. Examining your story closely may positively challenge previous biases, stereotypes and racist thoughts. Writing and being comfortable telling your racial identity story is an important part of building racial stamina.

Answer these questions to help you think about and tell your racial identity story.

Questions	Your Notes
1. At what age do you recall recognizing or understanding that you were part of a racial group?	
2. What made you realize that you were part of a racial group? Was it a positive, neutral or negative experience? Do you recall any emotions tied to when you realized you were part of a racial group?	
3. What verbal and nonverbal messages from your parents, broader family and society did you hear about people in different racial groups? Do you see a pattern in negative or positive attributes?	
4. What were the pivotal historic events that helped shape your thinking around any racial group? What context was provided for that event by your loved ones, friends, media, teachers, etc.? If context was provided how did it devalue or ascribe superiority to one group or another?	
5. Describe your feelings about belonging to your own racial identity? Did you compare your racial identity to another racial group?	

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## Racial Identity Narrative (continued)

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### Shaping Your Story

Take your time in how you would like to tell your story. It is personal to you. Here are questions to help you think about organizing your story.

Introduction	How was your racial identity shaped in your early life?	
Support	What were the forces that shaped your racial identity?	
Conflict	When you understood your racial identity was it in conflict with the dominant White society or in line with it? Was your racial identity hidden from you?	
Current	How has your racial identity story been a barrier in understanding race in the U.S. or in forming authentic relationships?	
Conclusion	What changes will you make with how you think about your racial identity, your relationship to race or the underlying assumptions that helped create your understanding of racial identity?	