

WHO AM I?

LOCATING MY IDENTITY TRIGGERS

The **Core Identity MAP** is about who you are and what you want to be seen/valued for. It reveals which things, if missing, would be bad for you and what triggers emotional responses in you.

DISCOVERING YOUR 5 PILLARS OF IDENTITY

This comes from the book *Negotiating the Nonnegotiable* by Shapiro. He said we have a core identity and in emotionally charged situations if we try to apply logic to feelings or try to dissuade feelings or feel our personhood or core identity is being attacked that leads to conflict cycles.

1. BELIEFS

Refers to specific ideas or beliefs you hold true about yourself. For example, *I am a good person, I am loving, or one's faith, I am a good mom or dad or traits about one's self I am loyal or I am fair or I am trustworthy. Things need to be fair. People are equal. I follow the Golden Rule.*

What are your Core Beliefs?

2. RITUALS

These are personally meaningful customs or ceremonial acts which can be rites of passage, religious or spiritual, evening dinners with family, sports rituals, anything that is “the way we do it.” **Holidays? Birthdays? How should they be celebrated? What is the importance of gifts?**

3. ALLEGIANCES

These are loyalties to individuals or groups such as family or friends, a nation, a race/culture, a thought, an ancestor, political view, or religious view, etc. **What are your allegiances?**

4. VALUES

Guiding principles or overarching ideas that are conveyed about you, like justice, mercy, compassion, support, freedom, etc. **How do you see yourself? What are your character traits? What do you want to be known for? What do you want in your eulogy?**

5. EMOTIONALLY MEANINGFUL EXPERIENCES

Refers to positive or negative experiences that have defined who you are. It can be from the day you got married to the hour the first child was born to the moment a parent slapped you in the face to a memory of mass violence or something perpetrated against you or a group (even like 9/11-type events). A visually important meaning that has shaped something in you. **What are your emotionally meaningful experiences?**

6. ROLES OR PARTS OF YOU

Think about any role (mom, dad, daughter/son, volunteer, congregant, etc.) or job roles in your past or present that are important to you. **Write them down here:**

REFLECTION

Think about times you felt triggered, sad, or angry. What were you upset about? What did you think the person did or assumed, and what identity trigger was in play? What was the story in your head? What did you say they were attacking you about? Is that word on your list?

CHECK IN

Pick the top things on the list from most important to least important and check in with a coach or someone who knows you to talk it through.

NARROW IT DOWN

Sort the top things on the list from most important to least important (you might have 30-50 things). Start by circling the top 25, then narrow it down to 15 to 10 to 5.

NOTE: When you start pairing them down, you do not need to have equal amounts from the 5 categories. These categories were to get you thinking about all the different possibilities. Some may end up not making your top 10-15. Once you start sorting the categories, the titles do not matter; they were just categories to get you thinking.

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VISUALIZE IT

Once you have those words, map it out: draw it, paint it, PowerPoint it, sketch it. If you had to describe this to someone in a visual form, what would it be?

