



Identity Iceberg

Directions: What aspects of your identity are visible to others and what aspects are invisible? Complete the handout by including both visible and invisible aspects of your identity in the relevant parts of the iceberg. (i.e. I have an invisible disability that I don't talk about; I am extremely shy but work hard to be an extrovert; one of my close family members has been very sick but I don't talk about it at school). Explore beneath the iceberg, why are these attributes invisible? What would happen if they became visible? How would they change or not change what people see or think about you?

