

# EXPLORING OUR DIFFERENCES

**Deliberately go to the mirror and look at your face**

What do you see?

Do you see aspects of your parents? Do you see your mum? Do you see your Dad?

Have you repressed aspects of your mum or introjected parts of your Dad? marginalising Mum?

Maybe you don't look like your Mum/Dad as much as you thought

Pay attention to what comes up for you.

3 words/sentences to describe how you saw your mums identity growing up

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3 words/sentences to describe you saw Your identity growing up

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3 words/sentences to describe how you saw your dads identity growing up

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What were the similarities**

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**What were the differences**

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3 words/sentences to describe how you see your mums identity now

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3 words/sentences to describe how you see Your identity now

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3 words/sentences to describe how you see your dads identity now

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What are the similarities now**

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**What are the differences now**

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# REFLECTING ON YOUR PAST AND PRESENT

## THE HUMAN EXPERIENCE

What did it mean to be 'black' growing up (3 words/sentences)

- 1.
- 2.
- 3.

What did it mean to be 'mixed race' growing up (3 words/sentences)

- 1.
- 2.
- 3.

What did it mean to be 'white' growing up (3 words/sentences)

- 1.
- 2.
- 3.

What parts of you existed in all three (3 words/sentences)

- 1.
- 2.
- 3.

Write a little about what came up for you when it comes to what it meant to be black, white, mixed growing up

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What does it mean to be 'black' now (3 words/sentences)

- 1.
- 2.
- 3.

What does it mean to be 'mixed race' now (3 words/sentences)

- 1.
- 2.
- 3.

What does it mean to be 'white' now (3 words/sentences)

- 1.
- 2.
- 3.

What parts of you exists in all three now (3 words/sentences)

- 1.
- 2.
- 3.

Write a little about what came up for you when you think about what it means to be black, white, mixed now

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# REFLECTING ON YOUR PAST AND PRESENT

## HOW YOU EXPERIENCED DIFFERENT PERIODS OF YOUR LIFE

Ask yourself how you experienced your mixedness at each age period and the feelings you had

5-10 years old

Write a little about some of your experiences during that period

10-20 years old

Write a little about some of your experiences during that period

20-30 years old

Write a little about some of your experiences during that period

Now

Write a little about some of your experiences now

Reflect and write on how this experiences impacted or changed you

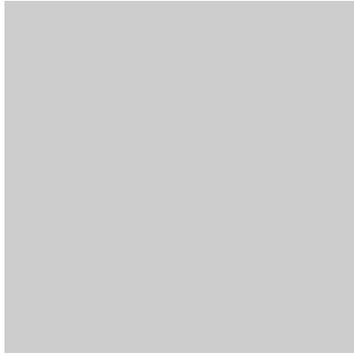
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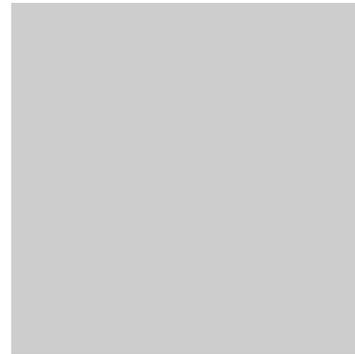
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# REFLECTING ON YOUR PAST AND PRESENT SAFE SPACES

Ask yourself where you felt safe  
growing up



Ask yourself where you felt unsafe  
growing up

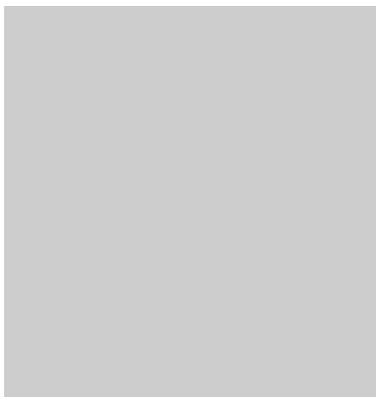


How did being 'mixed' play into your experiences of these spaces

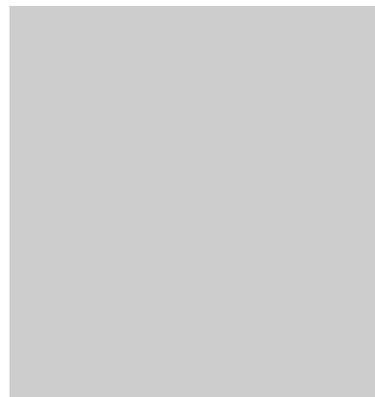
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Ask yourself where you feel  
safe now



Ask yourself where you feel  
unsafe now



How does being 'mixed' play into your experiences of these spaces

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How did you experience being mixed race in predominantly white spaces?  
(e.g. anxious, excluded, out of place)

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How did you experience being mixed race in predominantly black spaces?  
(e.g. anxious, excluded, out of place)

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# REFLECTING ON YOUR PAST AND PRESENT

## QUESTIONS TO ASK YOURSELF

What age were you first aware you were 'different' than your parents?

How did it feel at the time?

What parts of your identity did you have to suppress/repress?

How has the view of your identity changed over time?

How messages did you learn about yourself growing up true or untrue?

How do you feel about your identity now?

What about your identity were you unsure of growing up that you are sure of now?

What about your identity were you sure of growing up that you are unsure of now?

What did you need in terms of support from your parents to navigate childhood better as a mixed raced child?

What do you need to give yourself now?

What came up for you answering these questions?

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