Cultural Self-Assessment:
The ADDRESSING Framework

This exercise is to investigate your own cultural heritage and the influence that diverse culture had on you. The following is an example of a self-assessment done by a USC professor.

- Age and generational influences: 41 year old first generation Mexican-American; born of Mexican parents who have rather conservative and traditional values; family-centered; parents were firm about assimilation into the larger more dominant society.
- Developmental or acquired disabilities: no current disabilities. Struggling to lose some weight. Wears glasses after an unsuccessful laser eye surgery years ago.
- Religion and spiritual orientation: Grew up in a fairly religious Mexican Roman Catholic family. Entered the seminary to become a priest but later found this was not my calling. Strong sense of spirituality with an understanding of Jesus as Wisdom Teacher, Mystic, and Prophet. Attracted to Buddhist philosophy and earth-based spiritualties.
- Ethnicity: Mother and father both of Mexican-Indian heritage born in Mexico. My own identity was first identified as Chicano during my university years but now I identify as Mexican-American. I speak fluent Spanish but my primary language is English.
- Socioeconomic Status: Parents are urban, working, lower class members of an ethnic minority culture. My identity is university educated Mexican-American. I strongly identify with the lower and working class values, but my income is currently upper-middle class.
- Indigenous heritage: My maternal and paternal grandparents are very much village people who worked in the agricultural fields of rural Mexico.
- National Origin: Born in the USA. Spanish was my first language, but later fell in love with the English language. I consider the U.S. as my “father” and Mexico as my “mother.”

Now it is your turn. It is time to investigate your own cultural heritage. Be honest. There is no right or wrong answer.

- Age and generational influences:
- Developmental or acquired disabilities:
- Religion and spiritual orientation:
- Ethnicity:
- Socioeconomic status:
- Sexual orientation:
- Indigenous heritage:
- National origin:
- Gender: