# IGD Stage 2: Examine Identity

## Reflect

### Mindfulness
Be mindful of *choice, action,* and *thought,* and be present.

### Experiences
What experiences do I carry that still hurt and impact my awareness today?

### Beliefs
Examine passed-on feelings, views of others, and perceptions of conflict, fear, and change.

## Share

How will I talk about my experiences with others? Am I willing to listen to their experiences?

## Learn

What happened? What can we learn? How does sharing help us understand and appreciate similarities and differences?

## Apply

### Preparation
How does sharing and learning from one another prepare us for deeper conversations?

### Commonness
Replace anxiety with time and space for re-learning. Explore values that may be common to us all.

### View
Experiences are perceptions. Redefine and redress equality for all.

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