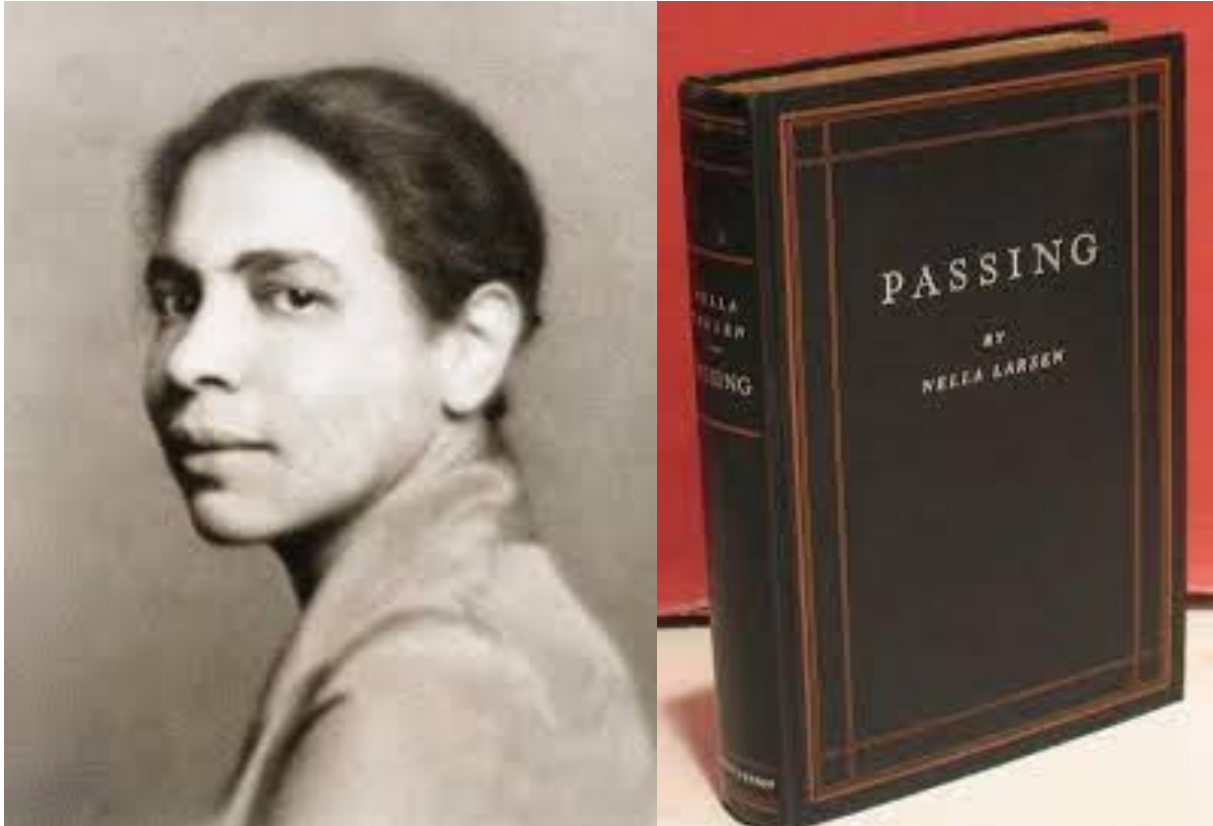


MAKE YOUR OWN HISTORY

Nella Larsen Worksheet



Explore Your Identity

Nella Larsen explored her identity through her writings, which exposed the complexities and challenges of her mixed-race family background. Let her courageous and creative self-explorations inspire you to dig deep into your own identity as you:

PLUNGE INTO YOUR PAST

A true journey of self-discovery takes courage.

Ask yourself:

Am I willing to delve deeply into who I truly am? . . . What does that journey look like for me? . . . What are the first steps I have to take to get in better touch with my identity?

PONDER YOUR PARADOXES

Larsen's creative process was her instrument to unravel the complications of her life.

Ask yourself:

As my life gets complicated, what is a tool I can use to deal with the conflicts and conundrums that seem to be beyond my understanding? . . . What is the best way for me to talk or think through the difficult issues and break them down into a simplicity that my mind can digest?

PERCEIVE YOUR POWER

Larsen was strategic with the self-reflectiveness of her writings, working out her identity issues through her fictional characters. Your victory is in your strategy.

Ask yourself:

What is my strategy for exploring my identity? . . . Is it creative writing like Larsen? . . . How can I think outside of the box to launch an inner journey that will take me places in my soul that I've never been before?