

WOMEN VETERAN IDENTITY

When others picture a Veteran, they typically envision a man. Rarely do people think of a woman. Further, when people are confronted with women Veterans, they may not know what to think or make incorrect assumptions. For example, they may assume that you served as a nurse or in another medical role. The exercises below will help you think through how you and others view women Veterans and steps that you may be able to take to make others more aware of the strengths of women Veterans.

1. What 10 words or phrases would you use to describe women Veterans?

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

2. What 10 words or phrases do you think others would use to describe women Veterans?

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

3. Circle up to three positive words from #1 that do not appear on #2. Pick those that would most like others to know about women Veterans. Now think about three steps you could take to make other more aware of those positive characteristics (e.g., write a letter to the editor, speak at a school, social media posts).

- a. _____
- b. _____
- c. _____

4. Now circle up to three negative words from #2 that do not appear on #1. Think about three steps you could take to change other's negative perceptions of women Veterans.

- a. _____
- b. _____
- c. _____