

ADDRESSING framework

The ADDRESSING framework can help you remember some of the key social identities to consider when getting to know someone's cultural identity.



Consider this mnemonic a starting point. Other social factors to understand can include educational level, food insecurity, housing, and communication and language. What other factors can you think of?

Source:

Magyar-Moe, J.L. (2009). *Therapist's guide to positive psychological interventions*. Amsterdam: Academic Press. https://booksite.elsevier.com/9780123745170/Chapter%202/Chapter_2_Worksheet_2.7.pdf