

Some positive personality descriptions for our dominant culture could be that; beautiful women have nice long hair, Beautiful women are skinny or have bigger butts, Men should be protectors, older people are wise, and Men should be masculine. Saying that beautiful women are skinny and have nice butts are a positive for the dominant group because if you look at social media, movies, television shows, and even the music industry this has become mainstream. They use women skinny women and women who have naturally big butts or have gotten cellulite shots to gain fame, viewers, likes, or whatever the case may be. This can be limiting towards the minority cultural group because if they do not show these physical features they are not as noticed and seem to not meet the expectations of women that have been subconsciously instilled within the society. Many women today have insecurities about their bodies because of men wanting what they see being marketed. I feel that limits both the men and women. The women suffer from insecurity and the men are being fed unrealistic expectations of what they should be looking for in women.

Some negative personality descriptions for our dominant culture could be that: Black people are ghetto, white people are racist, pit bulls are dangerous, poor people are lazy, and Hispanics are aliens. There is a stereotype that all white people are racists. It is wrong to give all people of Caucasian decent that stereotype. However, many have used it for their benefit. If you look at various aspects of societies you see individuals, organizations, entertainment, and even social media thrive off the agreeance or disagreement that white people being racist. An advantage in this is led to organizations such as the NAACP thriving in supporting people of color in events that go on in America that could possibly be related to racism and even the way the entertainment world has used it for their benefit with all the funny movies that have come out pin pointing topics such as racism through humor or heart touching stories. Something negative

about these stereotypes that has been limiting is the emotional and mental effect it is having on minority races. The way black people and even Hispanics are always on edge towards any type of actions, situations, or events that come off as racist or prejudice to them and being so easily offended; it is not healthy. Many have developed very high insecurities and much hatred in their hearts.

It is important to acknowledge the social constructs of the world. It is important so that you can identify if you yourself have been molded from any of them and if so which ones. It is important to be able to identify them in others as well. It could help with trying to identify why people feel the way they or think the way think. Your clients have a personality that has been influenced by their life experiences and will continue to be influenced by further experiences. It brings understanding and patience knowing that they have become the way they are for a reason, but that it is also possible for change.