# IDENTIFYING YOUR BIASES

## *Using the below scale, determine to which degree you might have biases.*

|  |  |
| --- | --- |
| 1 | I Strongly Disagree |
| 2 | I Disagree |
| 3 | I Neither Agree nor Disagree |
| 4 | I Agree |
| 5 | I Strongly Agree |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **I might be biased against …** | **1** | **2** | **3** | **4** | **5** |
| … the other sex  |[ ] [ ] [ ] [ ] [ ]
| … immigrants |[ ] [ ] [ ] [ ] [ ]
| … people from other countries |[ ] [ ] [ ] [ ] [ ]
| … certain ethnic groups  |[ ] [ ] [ ] [ ] [ ]
| … people having different political views |[ ] [ ] [ ] [ ] [ ]
| … other religions  |[ ] [ ] [ ] [ ] [ ]
| … other educations  |[ ] [ ] [ ] [ ] [ ]
| … lower educational levels  |[ ] [ ] [ ] [ ] [ ]
| … older people  |[ ] [ ] [ ] [ ] [ ]
| … overweight people |[ ] [ ] [ ] [ ] [ ]
| … less physically attractive people |[ ] [ ] [ ] [ ] [ ]
| … other sexual orientations  |[ ] [ ] [ ] [ ] [ ]
| … other languages  |[ ] [ ] [ ] [ ] [ ]
| … certain other dialects of my own language |[ ] [ ] [ ] [ ] [ ]
| … people from other cities |[ ] [ ] [ ] [ ] [ ]
| … people from other neighborhoods of my own city |[ ] [ ] [ ] [ ] [ ]
| … people with certain jobs  |[ ] [ ] [ ] [ ] [ ]

*REFLECTION:*

*How might my biases affect others?*

|  |
| --- |
| Click or tap here to enter text.  |

*How might they hold me back?*

|  |
| --- |
| Click or tap here to enter text.  |