# 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?*

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

*How might they hold me back?*

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