## 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		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					



## 12 Universal Skills Skill 1: Building Self-Awareness

## **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.



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