

Worksheet — Unconscious Prejudice: A Self-Reflecting Questionnaire

Read the following statements and rate what you think your comfort level would be in each situation using the scale below. There are no right or wrong answers. Simply be honest with yourself and do not over-think the situations. After you have completed all sections, follow the instructions to create a total score for each section. If you think a situation is not personally applicable, mark “NA” in the space provided.

1	2	3	4	5
Extremely Uncomfortable	Uncomfortable	Neutral	Comfortable	Extremely Comfortable

Section A:

- _____ Your best friend starts dating a black Latino-American.
- _____ You go into a Japanese restaurant where all the patrons and employees are Asian.
- _____ You realize you are the only person of your race when you visit a community.
- _____ A Saudi Arabian sits down next to you on a crowded bus.
- _____ Your new doctor is Indian American.

Total: _____

Section B:

- _____ You find out a family friend is choosing to be a stay-at-home dad.
- _____ You greet someone but can't determine her or his gender.
- _____ You take your car to get fixed and the head mechanic is a woman.
- _____ You see a little boy playing with a princess Barbie.
- _____ You see a business man getting a manicure.

Total: _____

Section C:

- _____ You see two men holding hands.
- _____ A person of the same sex is flirting with you.
- _____ You move in next door to a domestic partnership.
- _____ You go on a date with someone who used to date the same sex.
- _____ You see two females kiss lovingly in public.

Total: _____

Section D:

- _____ You don't know whether to open a door or push the handicap button for someone in a wheelchair.
- _____ You watch someone park in a handicap spot and he/she does not have a visible disability.
- _____ You walk by a mentally disabled person who is talking loudly in the grocery store.
- _____ Your friend is dating someone with Aspergers Syndrome (high functioning autism).
- _____ You are standing in line behind a deaf person at a fast food restaurant.

Total: _____

Section E:

- _____ A heavily obese person is working out in the gym next to you.
- _____ You are sitting next to an obese woman on a plane.
- _____ Your new roommate is at an extremely unhealthy low weight according to the doctor, but still talks about being fat.
- _____ You notice a coworker who is obese is holding up the cafeteria line because he/she wants to fill the tray.
- _____ You watch an obese man get stuck trying to sit in a desk in class.

Total: _____

Section F:

- _____ There is a 20 year age difference between you and your lab partner.
- _____ Your internship coordinator assigns you to an assisted care facility.
- _____ Your senior citizen landlord wears a hearing aid and often has difficulty understanding you.
- _____ Your grandmother often asks you for help with her computer.
- _____ Your 70 year-old next door neighbor can never remember your name.

Results: Compute your total for each section by adding up the numbers from your responses. For each section, look at the score category you fall within. If you marked an item “NA,” score it as a “3” before computing your total score for that section.

_____ Section A: Race

_____ Section B: Gender

_____ Section C: Sexuality

_____ Section D: Disability

_____ Section E: Weight

_____ Section F: Age

Key:

21-25 = Minimal unconscious/conscious negative attitudes and feelings.

16-20 = Mild to moderate unconscious/conscious negative attitudes and feelings.

11-15 = Moderate to high unconscious/conscious negative attitudes and feelings.

5-10 = Strong to overwhelming unconscious/conscious negative attitudes and feelings.

Reflection:

1. Are all of your scores the same? Why or why not?
2. Do you feel surprised, disappointed or satisfied by your results? Why?
3. What did you like most or least about this activity? Why?
4. Which specific items made you think the most? Why?
5. On which section did you score the lowest? Highest? Why do you think that happened?
6. What experiences have you had that may have contributed to your scores?