

# PERSONAL SELF-ASSESSMENT OF ANTI-BIAS BEHAVIOR WORKSHEET

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**Directions:** Using the rating scale of NEVER to ALWAYS, assess yourself for each item by placing an “X” on the appropriate place along each continuum. When you have completed the checklist, review your responses to identify areas in need of improvement. Create specific goals to address the areas in which you would like to improve.

- 1. I educate myself about the culture and experiences of other racial, religious, ethnic and socioeconomic groups by reading and attending classes, workshops, cultural events, etc.

—————  —————  —————  —————   
Never                  Rarely                  Sometimes                  Often                  Always

- 2. I spend time reflecting on my own upbringing and childhood to better understand my own biases and the ways I may have internalized the prejudicial messages I received.

—————  —————  —————  —————   
Never                  Rarely                  Sometimes                  Often                  Always

- 3. I look at my own attitudes and behaviors as an adult to determine the ways they may be contributing to or combating prejudice in society.

—————  —————  —————  —————   
Never                  Rarely                  Sometimes                  Often                  Always

- 4. I evaluate my use of language to avoid terms or phrases that may be degrading or hurtful to other groups.

—————  —————  —————  —————   
Never                  Rarely                  Sometimes                  Often                  Always

- 5. I avoid stereotyping and generalizing other people based on their group identity.

—————  —————  —————  —————   
Never                  Rarely                  Sometimes                  Often                  Always

- 6. I value cultural differences and avoid statements such as “I never think of you as \_\_\_\_\_,” which discredits differences.

—————  —————  —————  —————   
Never                  Rarely                  Sometimes                  Often                  Always

7. I am comfortable discussing issues of racism, antisemitism and other forms of prejudice with others.

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Never Rarely Sometimes Often Always

8. I am open to other people's feedback about ways in which my behavior may be culturally insensitive or offensive to others.

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Never Rarely Sometimes Often Always

9. I give equal attention to other people regardless of race, religion, gender, socioeconomic class or other difference.

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Never Rarely Sometimes Often Always

10. I am comfortable giving constructive feedback to someone of another race, gender, age or physical ability.

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Never Rarely Sometimes Often Always

11. The value of diversity is reflected in my work, which includes a wide range of racial, religious, ethnic and socioeconomic groups, even when these groups are not personally represented in my community.

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Never Rarely Sometimes Often Always

12. I work intentionally to develop inclusive practices, such as considering how the time, location and cost of scheduled meetings and programs might inadvertently exclude certain groups.

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Never Rarely Sometimes Often Always

13. I work to increase my awareness of biased content in television programs, newspapers and advertising.

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Never Rarely Sometimes Often Always

14. I take time to notice the environment of my home, office, house of worship and children's school, to ensure that visual media represent diverse groups, and I advocate for the addition of such materials if they are lacking.

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Never Rarely Sometimes Often Always

15. When other people use biased language and behavior, I feel comfortable speaking up, asking them to refrain and stating my reasons.

—————  —————  —————  —————   
Never                  Rarely                  Sometimes                  Often                  Always

16. I contribute to my organization's achievement of its diversity goals through programming and by advocating for hiring practices that contribute to a diverse workforce.

—————  —————  —————  —————   
Never                  Rarely                  Sometimes                  Often                  Always

17. I demonstrate my commitment to social justice in my personal life by engaging in activities to achieve equity.

—————  —————  —————  —————   
Never                  Rarely                  Sometimes                  Often                  Always

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### Areas of Growth:

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### Goals:

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This activity was adapted from "Commitment to Combat Racism" by Dr. Beverly Tatum & Andrea Ayyazian in *White Awareness: Handbook for Anti-Racism Training* by Judy H. Katz. © 1978 by the University of Oklahoma Press, Norman. Reprinted by permission of the publisher. All rights reserved.