



# Implicit Bias Discussion Questions

This exercise is about exploring. You don't need to judge yourself or others. This is simply about looking and seeing what ideas or examples emerge. Being open to looking is the most important. If you don't find anything, you can move on to the next question.

Who are my closest 3 friends? What similarities do we share (race, social class, etc)?

Who are my neighbors?

When was the last time I noticed a prejudice in myself (automatic or considered)?

Do I only find a certain type of person attractive?

What is an environment I find myself most comfortable in? Who else is there?

What is a time I felt uncomfortable with someone's sexual orientation or sexual practices?

When I picture a doctor in my head, do they look and sound like me (i.e. same race, gender, accent, etc)?

When was the last time I remember letting something slide that could be racist/prejudice/discriminatory in some way?

What was the last gender stereotype I witnessed but didn't mention?

When did I last get uncomfortable or feel like a didn't fit in because I was a minority in some way?

When was the last time I took leadership to welcome a person different from myself into an activity, event or space?

When am I tokenized? Did I notice when it happened? Do I accept or enjoy it? Do I challenge it?