Comfort in Social Situations Worksheet

Instructions: 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. However, the way you answer the questions may be different depending on your own social group membership, such as your race/ethnicity, gender, age, weight, or ability status. In some cases, you may not think a situation is personally applicable; if so, mark “N/A” in the space provided. After you have completed all sections, follow the instructions to create a total score for each section.

1 2 3 4 5
Very Comfortable Neutral Uncomfortable Very Uncomfortable

Section A:

_________ Your best friend starts dating a 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 went to medical school in India.

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 the person’s gender.

_________ You take your car in for repairs and the head mechanic is a woman.

_________ You see a little boy playing with a princess Barbie.

_________ You see a businessman 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 same sex couple who have two children.
_______ You go on a date with someone who used to date someone of the same sex.
_______ You see two females kiss lovingly in public.

Total: _________

Section D:

_______ You don’t know whether to open a door for someone in a wheelchair.
_______ You watch someone who does not have a visible disability park in a handicap spot.
_______ 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.
_______ You notice a coworker who is obese is holding up the cafeteria line because she/he wants to fill the tray.
_______ You watch an obese man get stuck trying to sit in a desk in a classroom.
_______ You friend sees an overweight person and makes a joke about him/her.

Total: _________
Section F:

There is a 30 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.

Total: ________

Results: Compute your total for each section by adding up the numbers from your responses. If you marked an item “N/A,” score it as a “3” before computing your total score for that section. Higher numbers indicate greater discomfort with social situations in that section.

Section A: Race

Section B: Gender

Section C: Sexuality

Section D: Disability

Section E: Weight

Section F: Age