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.

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<th>1</th>
<th>2</th>
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<th>4</th>
<th>5</th>
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<tbody>
<tr>
<td></td>
<td>Extremely Uncomfortable</td>
<td>Uncomfortable</td>
<td>Neutral</td>
<td>Comfortable</td>
<td>Extremely Comfortable</td>
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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?