

Comfort in Social Situations Worksheet Work Settings

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	Comfortable	Neutral	Uncomfortable	Very Uncomfortable

Section A:

_____ You find out a coworker is married to a Mexican who is not a U.S. Citizen.

_____ 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 coworker’s husband 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.

_____ You learn you will be sharing a workspace with a gay man or lesbian.

_____ You move in next door to a same-sex couple who have two children.

_____ A person of the same sex gives you their phone number.

_____ 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 coworker is married to someone with Asperger's 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 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 chair in a conference room.

_____ Your 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 a new coworker.

_____ In your role as a volunteer, you are assigned to call older people for medication reminders.

_____ Your 65-year-old landlord wears a hearing aid and often has difficulty understanding you.

_____ Your 75-year-old mother 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

Key:

21-25 = Responses indicate few negative attitudes and feelings.

16-20 = Responses indicate mild to moderately negative attitudes and feelings.

11-15 = Responses indicate moderate to strongly negative attitudes and feelings.

5-10 = Responses indicate strongly negative attitudes and feelings.

Reflection:

1. Are all 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 completing this questionnaire? Why?
4. Which items did you think about the longest as you completed the questionnaire? Which items could you answer very quickly? 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 influenced your scores?