

WORKSHEET

STAGE 5: DEALING WITH PREJUDICES







Stage 5: Dealing with prejudices

Maybe we have more in common than what we think?

Question for reflection:



Have I ever felt boxed (being categorized or labeled in a way that limits one's identity or potential) in by someone who assumed we had nothing in common? How did I react?



Have I ever placed others in a box, believing we were completely different? What were my feelings and reactions?



Did I discover that someone I had boxed in actually shared more in common with me than I realized? How did I come to this realization?







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Generalizations and Prejudices: How Can We Address Them?

Question for reflection:



Do I have experience being defined by others based on a "single story"? If so, what stories have I been reduced to? How did I experience this, and how did I respond?



When I reflect on my interactions with others, have I ever reduced someone else to a single story? If so, how do I address this?



What helps me keep an open mind and embrace diverse stories about others? What can we do to prevent stereotypes from leading to discrimination?

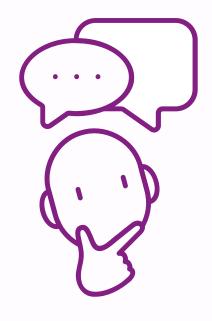






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Reflective practice



Note three statements about yourself that you would reject because they fail to accurately describe you or do not respect your individuality.



