

De-Biasing Implicit Bias Worksheet

Implicit biases are not permanent. In fact, they are malleable and steps can be taken to limit their impact on our thoughts and behaviors (Dasgupta, 2013). The question is how do you address something you don't even know might be happening? The first step is self-awareness. Fill in the answers below as honestly as possible.

I have a bias against... _____

I assume these things:

1. _____

2. _____

3. _____

I am concerned about this bias because... _____

I think that the individual to whom I have a bias against would feel _____

Some positive examples of individuals of the group I have a bias against

Here are ways I can increase opportunities for contact with groups I have bias against
