

Check My Bias

Person or Group

1. How have I been acting toward this person or group?

2. Which bias styles may have been driving my actions?

- Better Than**
View of Myself: Superior, Important, Virtuous
View of Others: Inferior, Incapable/Irrelevant, False/Wrong
Possible Emotions: Impatient, Indifferent, Disdainful

- I Deserve**
View of Myself: Meritorious, Mistreated, Unappreciated
View of Others: Mistaken, Mistreating, Ungrateful
Possible Emotions: Entitled, Deprived, Resentful

- Worse Than**
View of Myself: Deficient, Broken, Powerless
View of Others: Advantaged, Privileged, Blessed
Possible Emotions: Helpless, Jealous/Bitter, Depressed

- Need To Be Seen As**
View of Myself: Being Watched/Judged, At Risk, Fake
View of Others: Judgmental, Threatening, My Audience
Possible Emotions: Anxious/Afraid, Stressed, Overwhelmed

3. How have I been acting toward this person or group?

What is it like to work with me when I have this bias?

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