



This exercise is for you to do alone. You will not be asked to share any uncomfortable details.

Please think back over your life to a time when you were the target of stereotyping. Write down an event in which you felt pre-judged by someone due to personal characteristics out of your control. Try to answer the following questions as you write down your memory:

- Where did the situation take place?
- How old were you?
- Who was the person judging you?
- What assumption(s) was made about you?
- How did you feel about yourself?
- How did you feel towards the person judging you?

HelpPeopleSM
Employee Assistance Program

470-7447 or 800-777-6110