

SELF-REFLECTION MODULE 1:

Unconscious Bias

Section 1: Initial Impressions and Character Reflections

1. Think about one word to describe your initial impression of each character.
As you learned more about each character did your initial impression of them change?

	Initial impression	What changed?
Will		
Amy		
Pastor Marshall		
Cleaning Staff		
Security guard		

2. What could have transpired if you were not open to a better understanding of the family and the situation?

3. Can you recall a time you had a first impression that turned out to be a wrong impression? What was the outcome?

4. Can you recall a time a first impression prevented you from learning more about a person? What was the outcome?

5. Can you recall a time a first impression was correct and still you were open to learning more perhaps to be sure or to provide someone a second chance?

Section 2: Reflection Questions

Messages are sent through words and actions. The messages can be consciously or unconsciously taught. We invite you to think about, revisit, and gain insight on some of the biases you may have.

1. Consider a “light” bias you have. What or whom does it impact?

2. Think about a “deep” bias you have. What or whom does it impact?

3. Can you recall an a-ha moment of a realization related to biases or differences?



CLIP AND KEEP THE FOLLOWING FOR QUICK REFERENCE

TIPS: Unconscious Bias

1

**Be mindful
of first
thoughts.**

2

**Pause before
making
assumptions.**

3

**Do not
jump to
conclusions.**

J·E·D·I Reflection Points™

www.jedireflectionpoints.com

An initiative by NBCOT