Difference, Diversity, Inclusion: 
Biases and Prejudices

Personal beliefs come from experiences and situations from our past, such as home, family, religion, television, personal experiences, or friends. They result in assumptions, biases, and prejudices. Once we internalize them they become our truths—what we believe. They may become the basis for our beliefs about diversity and inclusion.

Take time to explore where your beliefs come from. Identify five or six biases, prejudices, and assumptions that you have. Next identify the sources of them. List the sources next to the bias, prejudice, or assumption. Circle the sources that have had the greatest impact on you and your current opinion. Define how these opinions impact your interactions with others. Jot a few notes.

How can you use what you have learned to create an environment of acceptance and open-mindedness within your team? Put a plan together for what you can do to address this within your team.