

2017 Northwest Diversity Learning Series • Participant Worksheet
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Instructions: This is an opportunity to REFLECT on the impact that your race and/or gender have had on your life.
Your responses will form the basis for conversation and dialogue.
Try to think of at least 2-3 bullet points for each prompt.

Reflecting on Race as a WHITE PERSON

1. Because I am a (or “AS A”) WHITE person, I CAN: _____

2. Because I am a WHITE person, I DON'T WORRY MUCH ABOUT: _____

3. Because I am a WHITE person, I feel like I CAN'T (or SHOULD NOT): _____

4. Because I am a WHITE person, I WORRY ABOUT (or FEAR): _____

5. Because I am a WHITE person, I feel like I MUST (or SHOULD): ____

What I APPRECIATE MOST about being WHITE:

Reflecting on Gender AS A MAN

1. Because I am a MAN, I CAN: _____

2. Because I am a MAN, I don't worry much about: _____

3. Because I am a MAN, I feel like I CAN'T: _____

4. Because I am a MAN, I WORRY ABOUT (or FEAR): _____

5. Because I am a MAN, I feel like I MUST (or SHOULD): ____

What I APPRECIATE MOST about being MALE:

DOING A 180°: REFLECTIONS ON ROLE REVERSALS

Reflecting on Race

1. IF I were a _____ (enter “opposite” race) person, I COULD/WOULD: _____
2. IF I were a _____ (enter “opposite” race) person, I WOULD NOT WORRY MUCH ABOUT: _____
3. IF I were a _____ (enter “opposite” race) person, I would feel like I COULD NOT (or SHOULD NOT): _____
4. IF I were a _____ (enter “opposite” race) person, I WOULD WORRY ABOUT (or FEAR): _____
5. IF I were a _____ (enter “opposite” race) person, I feel like I would HAVE TO: _____

What I imagine would be HARDEST about being _____ is:

Reflecting on Gender

1. IF I were a _____ (enter “opposite sex”) person, I COULD/WOULD: _____
2. IF I were a _____ (enter “opposite sex”) person, I WOULD NOT WORRY MUCH ABOUT: _____
3. IF I were a _____ (enter “opposite sex”) person, I would feel like I COULD NOT (or SHOULD NOT): _____
4. IF I were a _____ (enter “opposite sex”) person, I WOULD WORRY ABOUT (or FEAR): _____
5. IF I were a _____ (enter “opposite sex”) person, I feel like I would HAVE TO: _____

What I imagine would be HARDEST about being (“opposite sex”) _____ is: