**Personal Inventory**

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| **Statement** | **Check** |
| If my friend invites me somewhere, I don’t have to worry if there will be bathrooms there that I can use. |  |
| The leader of my country is also a person of my racial/cultural group. |  |
| When going shopping, I can easily find clothes that fit my size and shape. |  |
| In public, I can kiss and hold hands with the person I am dating without fear of name calling or violence. |  |
| When I go shopping, I can be fairly certain that sales or security people will not follow me. |  |
| Most of the religious and cultural holidays celebrated by my family are recognized with days off from work or school. |  |
| When someone is trying to describe me, they do not mention my race. |  |
| When I am angry or emotional, people do not dismiss my opinions as symptoms of “that time of the month” (referring to menstruation). |  |
| When expressing my opinion, I am not automatically assumed to be a spokesperson of my race. |  |
| I can easily buy greeting cards that represent my relationship with my significant other. |  |
| I can book an airline flight, go to a movie, ride in a car and not worry about whether there will be a seat that can accommodate me. |  |
| If I am going out to dinner with friends, I do not worry if the building will be accessible to me. |  |
| I can generally be certain that when I attend an event there will be people of my race there. |  |
| People do not make assumptions about my work ethic or intelligence based upon the size of my body. |  |
| In my family, it is seen as normal to obtain a college/university degree. |  |
| When I am with others of my race, people do not think that we are segregating ourselves. |  |
| If I am fired, not given a raise, or not hired, I do not have to question whether it had anything to do with my appearance, and/or the perception of my physical ability. |  |
| I can usually afford (without much hardship) to do the things that my friends want to do for entertainment. |  |
| People assume I was admitted to school or hired based upon my credentials, rather than my race or gender. |  |
| I can feel comfortable speaking about my culture without feeling that I’ll be judged. |  |
| As a child, I could use the “flesh-colored” crayons or Band-Aids that matched the colour of my skin. |  |
| If pulled over by a police officer, I can be sure that I have not been singled out because of my race. |  |
| I can be assured that assumptions about my mental capabilities will not be made based on my physical status. |  |
| When attending class or other events, I do not have to worry about having an interpreter present to understand or to participate. |  |
| I can choose the style of dress that I feel comfortable in and most reflects my identity, and I know that I will not be stared at in public. |  |
| My professionalism is never questioned because of my age. |  |
| I do not worry about walking alone at night, on my usual routes home from work, school, or social events. |  |
| The leader of my country matches my gender identity. |  |
| When I state an opinion I am passionate about, people tend to think I’m assertive, rather than aggressive. |  |

*Worksheet adapted with thanks from the University of Houston* [*https://www.uh.edu/cdi/diversity\_education/resources/activities/pdf/diversity%20activities-resource-guide.pdf*](https://www.uh.edu/cdi/diversity_education/resources/activities/pdf/diversity%20activities-resource-guide.pdf)