Potential Biases

Biases are prejudices in favor of or against one thing, person, or group compared with another.

Note: Feel free to use these categories to guide your self-exploration, or to abandon them if they feel constrictive and just list biases in any order you like.

Family-based
- [Example] I am not a parent, so cannot empathize with their struggles as easily as if I were one.
- [Yours go here]

Identity-based – privileges (or lack thereof)
- [Ex] As a cisgender male, I may not be able to relate to some aspects of transgender peoples' experiences.
- [Yours go here]

Identity-based – other (personality traits, quirks, etc.)
- [Ex] I feel more comfortable when someone I talk to is smiling.
- [Yours go here]

Notes, musings, questions about biases:

Potential Assumptions

Assumptions are things we believe to be true, even without supporting evidence.

Note: Feel free to use these categories to guide your self-exploration or to abandon them if they feel constrictive and just list assumptions in any order you like.

Assumptions about families
- Assumptions about parents:
  - [Ex] All parents love their kids.
  - [Yours go here]
- Assumptions about siblings:
  - [Yours go here]
- Assumptions about family members in general:
  - [Yours go here]

Assumptions about trans identity
- [Ex] Trans teens know their gender identities.
- [Yours go here]

Assumptions – uncategorized
- [Ex] School environment is really important.
- [Yours go here]

Notes, musings, questions about assumptions: