



BUDDHISM IN ACTION

Wisdom Perspectives
For Our Time

Discussion questions for Buddhism in Action Episode 2: “Snap Judgments and First Impressions”

1. Can you think of a time that your snap judgment about a person was wrong? That when you got to know them better, you realized that your initial impression was completely off base?
2. Are there groups that you realize you have some kind of bias or stereotype about? Perhaps just people who tend to make you feel nervous? What might you be able to do to develop a more balanced view about this group?
3. Think of a type of person that you would like to check out of the “Human Library,” and make a commitment to yourself to seek out such a person for conversation.
4. Do you feel that you experience “identity threat” due to any of your identities? Due to your race, gender, sexual preference, abilities?
5. If you are a member of a dominant race or class, what is your approach to reducing the identity threat of people of other groups that you encounter? Do you attempt to ignore differences, or do you acknowledge them and express valuation of differences?
6. Claude Steele’s research indicates that “diversity-affirming” strategies actually work to increase the identity safety of minority groups. Discuss this approach in terms of your work setting, your school, and your personal life.

Additional resources:

<https://implicit.harvard.edu/implicit/takeatest.html>

<http://humanlibrary.org/>