**“How Comfortable Am I?”**

**High stress**

**In-person & online**

Suggested use:

This activity would be used best as a “beginning activity,” where individuals can test their comfort zones and delve into the material.

Suggested instructions:

In-person:

1. Pass out a copy of the activity to participants.
2. Read the instructions together.
3. Participants should be given an allotted time (10 minutes) to complete the activity individually and be prepared to share their answers with the whole group.
4. When time is up, invite participants to share their answers with the whole group.
5. Ask:
	1. How comfortable was this exercise for you? Why do you think you felt the way you did?
	2. Did you discover anything about yourself? If so, what?
	3. How do you think you can change your perspective for the scenarios you gave a “1”?

Online:

1. Provide the handout in advance via email to participants.
2. Instruct participants to open the document.
3. Read the instructions together.
4. Participants should be given an allotted time (10 minutes) to complete the activity individually and be prepared to share their answers with the whole group.
5. When time is up, invite participants to share their answers with the whole group.
6. Ask:
	1. How comfortable was this exercise for you? Why do you think you felt the way you did?
	2. Did you discover anything about yourself? If so, what?
	3. How do you think you can change your perspective for the scenarios you gave a “1”?

See attached handout.

**“How Comfortable Am I?”**

*Instructions: Rate yourself on a scale of 1-4, with 1 being not comfortable at all to 4 being completely comfortable, for each of the items below.*

|  | **Not comfortable at all** | **Uneasy** | **Fairly comfortable** | **Complete comfortable** |
| --- | --- | --- | --- | --- |
| 1. You visit a relative at an assisted-living community. | 1 | 2 | 3 | 4 |
| 2. A friend invites you to go to a gay bar. | 1 | 2 | 3 | 4 |
| 3. You go to the gay bar and a person of the same sex asks you to dance. | 1 | 2 | 3 | 4 |
| 4. A homeless man approaches you and asks for change. | 1 | 2 | 3 | 4 |
| 5. Your new co-worker is Palestinian and a Muslim. | 1 | 2 | 3 | 4 |
| 6. Your new co-worker is paraplegic. | 1 | 2 | 3 | 4 |
| 7. A group of young Black men are walking toward you on the street. | 1 | 2 | 3 | 4 |
| 8. A consultant speaks with a Vietnamese accent. | 1 | 2 | 3 | 4 |
| 9. A coworker on an assigned project is Fundamentalist Christian. | 1 | 2 | 3 | 4 |
| 10. Your son/daughter’s partner is Jewish. | 1 | 2 | 3 | 4 |
| 11. You invited your brother over for dinner and he brings his new girlfriend. She is a transsexual woman. | 1 | 2 | 3 | 4 |
| 12. You arrive at church to discover your new pastor is a woman. | 1 | 2 | 3 | 4 |
| 13. Your dentist is HIV positive. | 1 | 2 | 3 | 4 |
| 14. Your neighbor is a Muslim woman who wears a hijab and a full-length robe. | 1 | 2 | 3 | 4 |
| 15. The young man sitting next to you on the plane is Arab. | 1 | 2 | 3 | 4 |
| 16. Your friends bring their new coworkers to drinks. They are Mexican. | 1 | 2 | 3 | 4 |
| 17. Your assigned work partner has a learning disability. | 1 | 2 | 3 | 4 |
| 18. Your new co-worker is gay. | 1 | 2 | 3 | 4 |
| 19. The woman sitting next to you on a plan weighs 300 lbs. | 1 | 2 | 3 | 4 |
| 20. Your new supervisor is Iranian. | 1 | 2 | 3 | 4 |
| 21. Your child’s teacher is a 62-year-old woman. | 1 | 2 | 3 | 4 |
| 22. Your mother “comes out” to you. | 1 | 2 | 3 | 4 |
| 23. Your Lakota co-worker practices traditional forms of Native American spirituality. | 1 | 2 | 3 | 4 |
| 24. Your sister’s new boyfriend is a single father on welfare. | 1 | 2 | 3 | 4 |
| 25. Your family buys a home in a predominantly Black neighborhood. | 1 | 2 | 3 | 4 |
| 26. A child in your son/daughter’s class is HIV positive. | 1 | 2 | 3 | 4 |
| 27. Your sister becomes a Buddhist | 1 | 2 | 3 | 4 |
| 28. You discover your brother kissing a male friend. | 1 | 2 | 3 | 4 |
| 29. Your son/daughter’s black friend gets a full-tuition minority scholarship. | 1 | 2 | 3 | 4 |
| 30. Your new co-worker has been to prison. | 1 | 2 | 3 | 4 |
| 31. A Thai co-worker invites you to dinner with her family. | 1 | 2 | 3 | 4 |
| 32. One of your co-workers you are giving a presentation with has a speech impediment. | 1 | 2 | 3 | 4 |
| 33. Your office is doing community service at a homeless shelter. | 1 | 2 | 3 | 4 |
| 34. One of your co-workers gets called to active military duty in the Middle East. | 1 | 2 | 3 | 4 |
| 35. You are asked to prepare a presentation on diversity for your office. | 1 | 2 | 3 | 4 |