

## Mirror Exercise

How do I respond to people who are different from me? Do I respond from a place of respect?  
disrespect? indifference? prejudice?

How am I different from others?	How can I respectfully respond to this difference?
1. Gender (male / female)	1. _____
2. Age (old / young)	2. _____
3. Physical ability (able-bodied / disabled)	3. _____
4. Race / Ethnicity / Social class	4. _____
5. Intellectual ability	5. _____
6. Athletic ability	6. _____
7. Artistic ability	7. _____
8. Personality (introvert / extrovert)	8. _____
9. Religious beliefs	9. _____
10. Musical preferences	10. _____
11. Entertainment preferences	11. _____
12. Means of transportation	12. _____
13. Food preferences	13. _____
14. Clothing styles	14. _____
15. Choice in friends	15. _____
(Add your own)	
16. _____	
17. _____	
18. _____	
19. _____	1. _____
20. _____	2. _____

