

## **BeyondPrejudice.com**

Reducing prejudices needs to be more than an organizational goal; it needs to be a personal goal for each of us. The following list contains things we can do as individuals to help reduce prejudices within ourselves and in those around us.

- 1. Acknowledge that you have learned prejudicial information about other people.**
- 2. Confront without guilt or blame the stereotypes that you have learned.**
- 3. Enter a supportive group or a supportive relationship for making the needed changes.**
- 4. Make a commitment to change and make a commitment to a process of change.**
- 5. Become aware of your own "self-talk" about other groups of people.**
- 6. Challenge the irrationality of the prejudicial thoughts or "self-talk" statements.**
- 7. Increase your exposure to or contact with those who belong to the group(s) toward which you have learned some prejudicial stereotypes.**
- 8. Thought-stopping is a valuable process for changing one's "self-talk" about others.**
- 9. Make use of the Premack Principle, a small rule that has power for change.**
- 10. Learn how other groups see your own identity group.**
- 11. Feeling good about ourselves is important in being able to accept people who are different from us.**
- 12. Accepting indecision is an important learning style.**
- 13. Developing empathy skills is an effective way of increasing our acceptance of others.**
- 14. Develop listening skills so that we can really hear other people.**
- 15. Develop an appreciation for the complexities of the universe.**
- 16. Developing our own ability to experience caring about other people**
- 17. Learning about other groups is an important way to develop understanding.**
- 18. Valuing diversity in human appearance and in nature is important.**
- 19. Seeking self-understanding increases the ability to accept oneself and others.**
- 20. Responding to prejudicial jokes is critical if we are to stand for something and identify ourselves.**
- 21. Responding to negative terms about groups of people helps us to know what we stand for and helps others to know us as well.**