

Signs of Hidden Bias or Prejudice

- Feeling unreasonable dislike or positive feelings for someone
- Becoming overly emotional
- Feeling irritated with someone for no reason
- Feeling indifferent about someone's serious problems or experience
- Becoming preoccupied about someone or their situation (either good or bad ways)
- Trying to justify questionable viewpoints
- Acting out-of-character (e.g. being rude when you're nice to everyone else)
- Feeling guilt or misgivings

Sakaue, KM: The Tool Kit for Spreading Racism Like a Virus