

EXAMPLES OF STRONG EMOTIONAL RESPONSES

Directions: Use a 0-5 scale to rate the degree of your strong emotional response when the following situations occur in classes or on campus:

- 0 = no emotional reaction
- 1 = very mild level of emotional reaction
- 2 = low degree of emotional reaction
- 3 = moderate degree of emotional reaction
- 4 = medium-high degree of emotional reaction
- 5 = high level of emotional reaction

When someone:

- _____ Makes an offensive comment
- _____ Demonstrates racist, sexist, homophobic, classist, etc. attitudes
- _____ Challenges the validity of the information or statistics being presented
- _____ Criticizes my style, design, or approach
- _____ Dominates the conversation and “airtime”
- _____ Interrupts me or the participants
- _____ Demonstrates domineering, threatening, or controlling behavior
- _____ Refuses to participate in the discussion or the activity
- _____ Tries to “bully” me or another participant
- _____ Is arrogant and self-righteous
- _____ Dismisses the conversation as “political correctness”
- _____ Is “set in their ways” and unwilling to shift their perspectives
- _____ Proclaims that they are “one of the good ones” or doesn’t own their privilege
- _____ Demonstrates disruptive behavior, including joking, side conversations, and snide or sarcastic comments
- _____ Challenges one of my comments or behaviors and labels it oppressive
- _____ Is experiencing and expressing deep emotions of pain, grief, or anger
- _____ Makes oppressive comments about members of their own race, gender, etc. group
- _____ “Does not get it” as a member of a privileged group
- _____ Tries to derail the planned format and agenda
- _____ Refuses to engage in any further dialogue
- _____ Projects their assumptions and feelings onto me or the group

(over)

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When:

- _____ I make a mistake
- _____ I do or say something offensive or oppressive
- _____ I can't figure out how to manage a situation
- _____ Someone in the class is angry with me
- _____ There is intense conflict among participants
- _____ A participant or event reminds me of someone or reactivates some incident from my past