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Overcoming Prejudice

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What is a Prejudice?

According to several dictionaries, a prejudice is commonly defined as:

1. a preconceived unfavorable, unfair and unreasonable opinion or feeling, especially when formed without enough thought, knowledge, or reason
2. irrational feelings or attitudes, especially of a hostile nature, regarding an ethnic, racial, social, or religious group

Questions:

How have you personally experienced prejudice or as being a part of your culture or nationality?

How does it feel when you discover you were wrongly pre-judged?

What are the effects of prejudice?

What is the difference between prejudice and good judgment?

What would it be like to live in a world without prejudices?

What can YOU do to minimize your prejudices, if you have any?

Some Strategies for Reducing Prejudice

- Strive to be open-minded and mindful regarding prejudices and stereotypes
- Continually build your own self-confidence, self-love, and self-respect
- Surround yourself with a variety of people. Experience with diversity may be a helpful activity that contributes to an ability to cope well with prejudice.
- Be around people you admire and observe yourself. Ask the question: “What do you admire about them?”
- Increase your awareness by observing yourself when you find yourself justifying stereotypes, especially when interacting with others
- Travel somewhere where you may need to question your worldview
- Pause and think (!) before you speak as soon as you notice you may fall into the trap of prejudice, a too-quick judgment
- Forgive yourself when you realize you make too quick a judgment and correct your error if possible - a.s.a.p.
- Do your part to contribute in some way to the planet freely and lovingly
- Remember that people are poor mind-readers
- Study Metaphysics to understand more about life here and in eternity

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