

Protect Yourself From Stereotype (Identity Threat)

Stereotype Threat Affects Everyone

"It is indiscriminate in cursing any group for which a negative stereotype applies, and it does so across a range of domains. What is also so striking and debilitating about the phenomenon is how seemingly easily stereotype threat can be activated."

- H. Rothgerber & K. Wolsiefer

- Identify the situations & people that are most likely to trigger stereotype threat for you.
- Think about your unique characteristics, skills, values, or roles - things you value - that are important to you.
 - If possible, jot them down and state why they are important.
- Remember that even if you are triggered - you can bring yourself back.
- Remember that the anxiety and "de-skilling" caused by stereotype threat is not relevant to your actual abilities.
- Focus on your unique deep values.
- Everyone belongs to multiple groups. Therefore, focus on an identity that does not have negative stereotypes relevant to the situation.
- Consider a time when you felt competent, powerful, and strong (whatever is relevant). Focus on that experience.

