Detailed Self-Assessment Questionnaire: Where Are You on the Pyramid of Hate in your location of residence?

Instructions: For each statement, mark for Yes or for No on the right.		
Level 1: Daily Microaggressions and Bias		
1A: Biased Attitudes against Jews Has someone told you that:		
1. "Jews stick together more than other groups"?	Yes	No
2. "Jews have too much power for such a small group"?	Yes	No
3. "Jewish mothers are overbearing and controlling"?	Yes	No
4. "Jewish women are shallow, spoiled, and materialistic"?	Yes	No
5. "Jewish men are weak, neurotic, and unmanly"?	Yes	No
6. "Jews always find a way into show business and run Hollywood"?	Yes	No
7. "Jews control the news and media"?	Yes	No
8. "Jews are greedy and obsessed with money"?	Yes	No
9. "Jews are more intelligent and cunning than others"?	Yes	No
10. "Jews secretly control the banks and global economy"?	Yes	No
11. "Jews care more about themselves or Israel than the countries where they live"?	Yes	No
12. "Jews engineer economic crises for their own benefit"?	Yes	No
13. "Jews start wars to make money or gain influence"?	Yes	No
14. "Jews plot to create a one-world government"?	Yes	No
15. "Jews are responsible for killing Jesus"?	Yes	No
16. "Jews kidnap and murder non-Jewish children for ritual purposes"?	Yes	No

Has someone you know:

17. avoided discussing issues of antisemitism to keep the conversation "comfortable"?	Yes	No
18. refused to acknowledge Jewish holidays or traditions in shared spaces?	Yes	No
19. mocked your name because it "sounds Jewish"?	Yes	No
20. mocked you for using Hebrew words or showing interest in Jewish culture (use of Jewish symbols), implying it's unnatural or performative?	Yes	No
21. made negative comments about Jewish religious customs (e.g., kippah, kosher diet)?	Yes	No
22. dismissed antisemitic stereotypes as "just jokes"?	Yes	No
23. told you that Jews are "oversensitive" or "brainwashed" when addressing antisemitism?	Yes	No
24. expected you to or demanded to know if you justify Israeli policies simply because you are Jewish?	Yes	No
25. refused to discuss antisemitism targeting allies, claiming it's not "real" antisemitism?	Yes	No
26. assumed you are wealthy because you are Jewish?	Yes	No
27. implied that Jews are "clannish" or "insular"?	Yes	No
28. accused Jews of "playing the victim"?	Yes	No
29. Has someone you know made assumptions about your intelligence based on your Jewish background?	Yes	No
30. Has someone you know accused Jews of "stealing jobs" or "taking opportunities"?	Yes	No
1B: Prejudice Based on Expressed or Perceived Opinions		
31. Has someone questioned your intelligence or judgment for holding favorable views toward Jewish people or Israel?	Yes	No
32. Has someone dismissed your concerns about antisemitism as exaggerated or as "parroting" Jewish/Israeli narratives?	Yes	No
33. Has someone suggested you're naive, paid, or manipulated to support Jewish people or Israel?	Yes	No

34. Has someone interrupted or aggressively challenged you when speaking favorably about Jewish people or Israel, in a way they don't with other topics?	Yes	No
35. Has someone held you to a different criticism standard regarding Israel than they would other countries?	Yes	No
36. Have you been socially shunned or avoided by others once they learned of your favorable views toward Jewish people or Israel?	Yes	No
37. Has someone implied that by supporting Israel, you're complicit in global conspiracies?	Yes	No
38. Has someone accused you of "pinkwashing" or "whitewashing" Israeli actions to silence your supportive voice?	Yes	No
39. Have your motives for supporting Jewish people or Israel been questioned as personal gain or part of a "lobby"?	Yes	No
40. Have you been accused of being part of a powerful Zionist lobby simply for expressing support?	Yes	No
41. Has someone labeled you with derogatory terms like "Zionist shill" or "self-hating [your identity]"?	Yes	No
42. Has someone implied you're secretly Jewish or have Jewish family to "explain" your stance?	Yes	No
Level 2: Verbal and Social Exclusion 2A: Direct Verbal Harassment and Social Exclusion		
43. Has someone laughed at, endorsed, or made jokes/negative remarks about Jews, Jewish culture, or those who support Jewish people/Israel?	Yes	No
44. Has someone shared memes or media with you mocking Jews, Jewish culture, or Israel out of hostility?	Yes	No
45. Has someone imitated or stereotyped how they imagine a "Zionist" or "Jewish supporter" would speak or act, directing it at you?	Yes	No
46. Has someone intentionally mispronounced your name, used derogatory nicknames, or refused to use your correct name/pronouns because of your Jewish identity or support for Israel?	Yes	No
47. Has someone avoided inviting you to social events because of your Jewish identity?	Yes	No
48. Has someone avoided sitting near you once they learned you are Jewish?	Yes	No

49. Has someone avoided you or excluded you from social, professional, or academic events because you are Jewish or support Jewish people/Israel?	Yes	No
50. Have you been excluded from groups or discussions because your views on Jewish people/Israel were deemed "problematic"?	Yes	No
51. Has someone spread rumors about Jewish religious practices (e.g., blood libel, secret rituals)?	Yes	No
52. Has someone accused you of "playing the antisemitism card" when you pointed out antisemitic attacks?	Yes	No
53. Has someone told you to "go (back) to Poland" or that you "don't belong here" because of your identity or views?	Yes	No
54. Has someone told you that your support for Israel means you "don't care" about other groups or human rights?	Yes	No
55. Has someone mocked your participation in interfaith events or friendships with Jewish people?	Yes	No
56. Has someone used slurs or derogatory terms against Jews or allies, even "playfully"?	Yes	No
57. Have rumors or misinformation been spread about you (e.g., that you are secretly funded, a spy for Israel)?	Yes	No
58. Have others publicly ostracized you or encouraged others to boycott you/your work due to your support for Jewish people/Israel?	Yes	No
59. Have you been accused of being a "traitor," "extremist," "fanatic," or "brainwashed" for supporting Jewish people or Israel?	Yes	No
60. Have you been professionally sidelined or had collaborations ended due to your support for Jewish people or Israel?	Yes	No
61. Has someone threatened to expose your pro-Jewish/Israel views to your employer or social circles to damage your reputation?	Yes	No
62. Have you been accused of supporting "apartheid," "genocide," or "Nazism" due to your expressed support for Israel or Jewish people?	Yes	No
63. Has someone threatened to report your immigration status based on your Jewish background?	Yes	No
2B: Witnessed Harassment and Institutional Failures		
64. Have you witnessed coworkers or classmates mimic Jewish accents or mannerisms to mock a Jewish peer?	Yes	No
65. Have you overheard a friend or relative justify antisemitic stereotypes (e.g., "Jews are good with money")?	Yes	No

66. Have you heard a family member or friend claim that "Jews control the media/government"?	Yes	No
67. Has someone dismissed your achievements or qualifications by attributing them to favoritism because of your Jewish identity or support for Israel?	Yes	No
68. Has someone accused you of being "brainwashed" or "indoctrinated" for supporting Jewish people or Israel?	Yes	No
69. Has someone questioned your mental health or stability for expressing concerns about antisemitism or Israel-related hostility?	Yes	No
70. Have you been discouraged from speaking about antisemitism or Israel in public or online spaces?	Yes	No
71. Has someone accused you of using claims of antisemitism to silence criticism of Israel, regardless of your actual intent?	Yes	No
72. Have you seen a colleague ostracized at work for defending Israel in discussions?	Yes	No
73. Have you witnessed a Jewish peer or colleague excluded or sidelined after disclosing their Jewish identity?	Yes	No
74. Have you witnessed a friend being ridiculed for attending a pro-Israel event or Jewish cultural activity?	Yes	No
75. Have you witnessed a friend's social-media posts about Israel being flooded with antisemitic comments?	Yes	No
76. Have you heard a family member or friend accuse Jews of "exaggerating the Holocaust"?	Yes	No
77. Has a colleague or acquaintance dismissed a Jewish person's concerns about antisemitism as "paranoia"?	Yes	No
78. Have you witnessed coworkers or classmates mock or single out a Jewish student for wearing religious symbols?	Yes	No
79. Have you witnessed a teacher, supervisor, or authority figure ignore or dismiss a report of antisemitic bullying by a Jewish person or ally?	Yes	No
80. Have you observed digital platforms, class forums, or group chats tolerate antisemitic slurs or propaganda while moderating other forms of hate?	Yes	No
81. Have you seen or heard authorities excuse antisemitism as "political disagreement" while punishing milder hate toward other minorities?	Yes	No

82. Have you seen someone pressured to denounce Israel or Jewish organizations as a condition for social or professional acceptance?	Yes	No
83. Have you observed your institution refuse to investigate repeated complaints of antisemitic harassment despite clear evidence?	Yes	No
84. Have campus or workplace leaders failed to ban or discipline individuals openly celebrating violent attacks on Jews (e.g., rallies praising Hamas)?	Yes	No
85. Have you witnessed a supervisor retaliate against a colleague or student for reporting antisemitic hate?	Yes	No
86. Have you observed teachers or professors minimize or justify physical attacks on Jewish students as "ordinary conflict"?	Yes	No
87. Have you seen authorities or HR dismiss antisemitic graffiti or slurs on campus as "free speech" or "harmless vandalism"?	Yes	No
88. Have you witnessed a medical, social-service, or legal professional ignore antisemitic abuse reported by a Jewish victim or patient?	Yes	No

Level 3: Discrimination and Institutional Bias

3A. Work and Education Discrimination

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89. Has a teacher or academic advisor discouraged you from advanced classes due to your Jewish identity or views on Israel?	Yes	No
90. Have you faced stricter dress code policies targeting Jewish religious attire?	Yes	No
91. Were you assigned menial tasks at work despite your qualifications because you are Jewish?	Yes	No
92. Have you been excluded from professional advancement, such as being overlooked for promotion despite strong performance, because you are Jewish or pro-Israel?	Yes	No
93. Has your resume been rejected due to your "Jewish-sounding" name or known affiliations?	Yes	No
94. Have you been paid less than peers in similar roles after expressing support for Jewish people or Israel?	Yes	No
95. Have you experienced unequal access to healthcare, education, or social services because of your Jewish identity?	Yes	No
96. Have you been denied mental health or medical care tailored to Jewish needs?	Yes	No

97. Has a healthcare provider dismissed your pain or symptoms as "Jewish exaggeration"?	Yes	No
98. Have you been denied participation in extracurricular activities, teams, or clubs because you're Jewish or support Israel?	Yes	No
99. Have you been denied the right to display Jewish or Israeli symbols (e.g., menorah, Israeli flag) in shared professional, academic, or cultural spaces?	Yes	No
100. Has your request for time off to observe Jewish holidays been consistently denied?	Yes	No
101. Have you been denied access to formal networks or career associations because of your Jewish identity or pro-Israel stance?	Yes	No
102. Have you been denied opportunities to participate in academic conferences, panels, or research due to your views on Israel or Jewish identity?	Yes	No
103. Have you been denied access to leadership roles or membership in organizations due to perceived Jewish/Israel affiliations?	Yes	No
104. Have you been denied funding, grants, or institutional support for projects or causes seen as "too favorable to Jews or Israel"?	Yes	No
105. Have you been denied a platform to speak or had events cancelled due to pressure from anti-Israel or antisemitic groups?	Yes	No
106. Have you experienced a hostile work or academic environment due to anti-Israel or antisemitic rhetoric targeting supporters like you?	Yes	No
107. Have you been penalized, reprimanded, or punished by your school or employer for defending Israel or speaking against antisemitism?	Yes	No
108. Have you been subjected to different rules or disciplinary scrutiny compared to others who criticize Israel or Jews?	Yes	No
109. Have your complaints or requests for protection from antisemitic treatment been ignored or dismissed by your workplace or academic institution?	Yes	No
110. Have you been denied housing, evicted, or blocked from renting due to your Jewish identity or pro-Israel stance?	Yes	No
3B. Public Life Discrimination		
111. Have you been denied or discouraged from membership in a political party or electoral campaign due to being Jewish or perceived Zionist?	Yes	No

112. Have you resigned from a position you held in an organization (political party, company, club) because of persistant antisemitic activity in it?	Yes	No
113. Have you been excluded from community events or volunteer programs due to your pro-Israel or Jewish stance?	Yes	No
114. Have you been pressured to publicly disavow Zionism or support for Israel to remain in a position or organization?	Yes	No
115. Have you been censured or publicly condemned by a group or authority figure for expressing support for Jewish people or Israel?	Yes	No
116. Have you been denied access to public spaces or facilities (libraries, arenas, town halls) due to your Jewish identity or advocacy?	Yes	No
117. Has your public or nonprofit group been denied recognition due to pro-Israel activities or associations?	Yes	No
118. Has your Jewish or pro-Israel center/facility been blocked or delayed in receiving permits/zoning necessary to operate?	Yes	No
119. Have you lost sponsorships, contracts, or clients because of your Jewish identity or visible support for Israel?	Yes	No
120. Have you been denied protection, assistance, or equal treatment by police, firefighters, or public safety officials due to your Jewish identity or visible support for Israel?	Yes	No
3C. Civil and Government Discrimination		
121. Have you been denied a loan, mortgage, or credit despite good standing due to your Jewish identity?	Yes	No
122. Have you been excluded from scholarship opportunities or academic programs due to your religion or background as a Jew?	Yes	No
123. Has your visa, travel permit, or study abroad application been rejected or stalled due to your support for Israel or your Jewish background?	Yes	No
124. Have you been required to sign statements disavowing Israel/Zionism to access jobs, student programs, or accommodations?	Yes	No
125. Have your children been excluded, harassed, or treated unfairly at school because of your Jewish identity or views on Israel?	Yes	No
126. Have you been forced or required to alter your religious appearance (e.g., remove a kippah or Magen David) to comply with workplace or institutional expectations?	Yes	No

127. Has your Jewish community or synagogue been excluded from decisions in local governance affecting your neighborhood or space?	Yes	No
128. Have you or your community been denied permission to organize a public demonstration, parade, or festival due to perceived pro-Israel/Jewish stance?	Yes	No
129. Has legislation aimed at weakening of denying certain rights for Jews specifically been discussed in legislative bodies?	Yes	No
130. Has legislation aimed at weakening or denying certain rights for Jews specifically been adopted and implemented?	Yes	No
131. Have you experienced discriminatory or prejudiced treatment in court (civil or family court) due to your Jewish background or support for Israel?	Yes	No
132. Have there been calls to register Jews or their supporters as dangerous agents (e.g., "Zionist spies")?	Yes	No
133. Has the Government terminated relations with the State of Israel and espoused hatred of Israel in daily political discourse?	Yes	No
134. Has Government criminalized interactions and/or travels of private citizens with Israel or citizens thereof?	Yes	No
Level 4: Antisemitic Violence		
4A: Threats and Intimidation		
135. Have you faced antisemitic harassment in online gaming communities or forums due to your Jewish identity or support for Israel?	Yes	No
136. Have you been publicly shamed or ridiculed in a community space (e.g., town hall, school) for expressing concerns about the risk antisemitic violence?	Yes	No
137. After reporting antisemitic threats, did authorities or institutions dismiss your concerns as 'overreactions' or 'political opinions'?	Yes	No

138. Has a colleague or employer threatened physical violence against

139. Has someone threatened to destroy your business unless you

140. Has your community / synagogue been subject to threats of

attack because of its' association with Jews or perceived support of

you for advocating against antisemitism in the workplace?

renounce support for Jewish causes/Israel?

Israel?

Yes

Yes

Yes

No

No

No

141. Has someone threatened to "out" your Jewish identity to others without your consent, exposing you to potential risks to your physical wellbeing?	Yes	No
142. Have you received threatening phone calls targeting your Jewish identity or support for Israel?	Yes	No
143. Have you received hate mail (physical or electronic) containing antisemitic tropes or violent threats related to your Jewish identity or pro-Jewish/Israel stance?	Yes	No
144. Have you received antisemitic deepfake images, audio, or videos intended to discredit or threaten you?	Yes	No
145. Has someone created fake social media accounts in your name to spread antisemitic content or harass others?	Yes	No
146. Has someone posted your image or personal details online with calls for harassment or violence because of your Jewish identity or pro-Israel stance?	Yes	No
147. Have you been intimidated or threatened while attending a public Jewish event (e.g., Hanukkah celebration, Israel solidarity rally)?	Yes	No
148. Have you been warned by authorities or community members of credible threats against you due to your public support for Jewish people/Israel?	Yes	No
149. Has someone threatened to falsely accuse you of a crime or misconduct to silence your support for Jewish people/Israel?	Yes	No
150. Has someone threatened to deport you because of your Jewish background?	Yes	No
151. Have you been followed or stalked due to your Jewish identity or your pro-Jewish/Israel stance?	Yes	No
152. Have you received online death threats or threats of violence specifically linking your support for Jewish people/Israel to the threat?	Yes	No
153. Has someone threatened to harm your family because you are Jewish or your expressed support for Jewish people or Israel?	Yes	No
154. Has your home, car, or property been vandalized with antisemitic symbols or graffiti?	Yes	No
155. Has your place of worship (synagogue) been defaced with graffiti or hate messages?	Yes	No
156. Have you been chased or cornered by a group shouting antisemitic or anti-Israel slurs or threats?	Yes	No

4B. Physical Violence

157. Have you been spat on, shoved, or physically harassed in public because you are Jewish or your expressed support for Jewish people or Israel?	Yes	No
158. Has someone thrown objects at you or your property (e.g., during a rally) while making antisemitic or anti-Israel remarks?	Yes	No
159. Has someone thrown objects at you from a moving car while shouting antisemitic slurs?	Yes	No
160. Were your children physically bullied at school for being Jewish or because of your stance in favor of Israel?	Yes	No
161. Have you witnessed a friend, family member, or colleague being physically attacked because of their Jewish identity or support for Israel?	Yes	No
162. Were you beaten by a group chanting antisemitic or anti-Israel slogans?	Yes	No
163. Did someone attempt to attack you for wearing Jewish religious attire?	Yes	No
164. Did someone attempt to hit you with a vehicle or use a weapon against you during a pro-Israel/Jewish event or because you displayed symbols of support?	Yes	No
165. Have you survived an attack targeting Jews for their identity?	Yes	No
166. Have you survived a violent attack at an event or location associated with Jewish or Israeli support where you were present as an ally?	Yes	No
167. Have you or someone close to you been injured in a violent incident (e.g., synagogue shooting, anti-Israel rally) motivated by antisemitism?	Yes	No
168. Were you denied help (medical etc) or had help delayed by bystanders or authorities during an attack, because the attack was related to your pro-Israel/Jewish stance?	Yes	No
169. Have you been hospitalized due to a physical attack motivated by your support for Jewish people or Israel?	Yes	No
170. Were you sexually assaulted while the perpetrator used antisemitic slurs?	Yes	No
171. Were you held at gunpoint or threatened with a deadly weapon by someone making clear their motive was your support for Jewish people/Israel?	Yes	No

172. Have you been targeted with arson or attempted arson against Yes No your home, business, or place of worship due to your Jewish identity or support for Israel? Yes No 173. Have you been forcibly detained, kidnapped, or held against your will because of your Jewish identity or support for Israel? 174. Have jewish women or girls been raped in the country you live on Yes No account of being Jewish? 175. Have Jews been targeted by murder or assassination attempts for Yes No

Level 5: Systematic Persecution and Genocide

being Jewish or associated with the State of Israel?

5A: Systematic Persecution

176. Has an election campaign been run on a platform including hostility toward Jewish people or Israel?	Yes	No
177. Are there state-sponsored or tolerated campaigns to dehumanize Jews or their supporters by portraying them as enemies?	Yes	No
178. Have you or your community been subjected to curfews, forced relocation areas, or mobility restrictions based on your Jewish identity or views?	Yes	No
179. Have pro-Jewish or Israel-supportive materials (e.g. books, posters) been confiscated, censored, or destroyed by authorities or organized groups?	Yes	No
180. Has there been public desecration or destruction of Jewish symbols, institutions, or places associated with Jews or Israel?	Yes	No
181. Have Jewish languages (e.g. Hebrew, Yiddish, Ladino) been banned from educational or public use?	Yes	No
182. Have your religious texts, artifacts, or sacred items been confiscated or destroyed by governmental agents?	Yes	No
183. Are there coordinated efforts to erase Jewish history, culture, or traditions in your country?	Yes	No
184. Were your cultural or historical sites, including cemeteries and heritage spaces, looted or intentionally destroyed?	Yes	No
185. Have Jewish schools, charities, or cultural organizations been closed down, merged, or destroyed by decree?	Yes	No

186. Have you been denied the right to own property or operate businesses due to Jewish identity or support for Israel?	Yes	No
187. Has your community experienced sweeping asset seizures, "ethnic tax" policies, or forced economic collapse due to antisemitic legislation?	Yes	No
188. Have Jewish families been stripped of citizenship due to identity-based policies?	Yes	No
189. Has there been mass arrest, exile, or elimination of Jewish religious leaders, academics, or cultural figures?	Yes	No
190. Has your Jewish community been forcibly displaced by state forces or organized violence?	Yes	No
191. Have your ancestral burial sites been desecrated by government or law enforcement?	Yes	No
192. Have state threats targeted your children, including family separation unless you renounce pro-Jewish/Israel stances?	Yes	No
193. Are there laws limiting reproductive rights of Jews or their supporters (e.g. sterilization, population caps)?	Yes	No
194. Have children from your community been forcibly sent to government-run re-education/assimilation facilities?	Yes	No
195. Have you or your family been denied access to healthcare, food, water, or schooling due to antisemitic/pro-Israel persecution laws?	Yes	No
5B. Mass Extermination		
196. Do authorities justify antisemitic killings or genocide as political or national self-defense?	Yes	No
197. Has your government denied the occurrence of past or ongoing mass killings of Jews?	Yes	No
198. Have senior leaders called for the forced elimination or extermination of Jews or their supporters?	Yes	No
199. Have you witnessed modern-day mass killings of Jews in your region?	Yes	No
200. Have you received credible threats that place you or other Jewish-linked individuals on execution or extermination lists?	Yes	No
201. Have you been imprisoned or abducted by mobs, militias, or political entities due to Jewish identity or advocacy?	Yes	No

202. Have you been tortured or physically mutilated due to your Jewish identity or support for Jewish people/Israel?	Yes	No
203. Have you been raped or subjected to reproductive violence as an act of antisemitic warfare?	Yes	No
204. Have you been forced to identify or betray other Jews or Jewish supporters under threat of violence?	Yes	No
205. Have you survived or witnessed targeted mass executions of Jewish civilians or pro-Israel groups?	Yes	No
206. Have you been held inside a ghetto, internment facility, or extermination camp for being Jewish?	Yes	No
207. Were you forced to take part in watching or destroying Jewish religious/cultural objects under violence or threat?	Yes	No
208. Have you been subjected to non-consensual medical experimentation based on your Jewish identity?	Yes	No
209. Have you been forced to dig mass graves or clean execution sites involving Jewish victims?	Yes	No
210. Have you lost more than ten members of your family to direct, ideologically driven executions targeting Jews?	Yes	No
211. Have you been forced to identify your family members' remains from mass graves?	Yes	No
212. Have you been forced to participate in executions or extermination procedures ordered against Jews or Israeli advocates?	Yes	No