

# Self-Reflection Tool

## Asian American Church

To be conducted in conjunction with the Prayer of Repentance

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The purpose of these questions is to help readers identify our personal biases in perceiving our own race & others. We hope this exercise helps our awareness & ability to respond better if confronted with harassment as an Asian American.

Please select the answer that reflects your true feelings & how you would react. This is not an academic test. No answers are better than any others. Try to receive each question as a mirror of your true feelings. There are two sections: The first section presents racial bias questions; the next section attempts to help us think through our Asian identity.

### A. Racial Bias Questions

1. How do I verbally respond if someone insults my race?
  - a. Don't respond. Avoid that person.
  - b. Ask the person to stop insulting me.
  - c. Get angry & talk back.
  - d. Ask the person to explain why they don't like my race.
  
2. A close pal asks what you think about hate crimes against Asians blamed for Coronavirus. You reply with:
  - a. No opinion.
  - b. Most nations have not handled the virus very well. China is no different.
  - c. The Chinese government is not me nor my concern.
  - d. We should stop blaming & focus on helping all the victims.
  
3. When I'm in the presence of a person of a different background who I find scary, I:
  - a. Run & hide.
  - b. Tell the person to stop staring.

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- c. Get help if possible.
  - d. Ask the scary person why they're staring at me.
4. While walking outdoors, a stranger confronts you & says, "You Chinese people need to stop creating deadly viruses!" You reply with:
- a. Denying involvement and walking away.
  - b. "I'm not from China, I'm American."
  - c. "The virus is the only enemy, not people."
  - d. "Why are you upset? Let's talk."
5. How is China's role in spreading Coronavirus different from Japan bombing Pearl Harbor in 1941?
- a. Chinese people are victims of this disease like everyone else.
  - b. I blame the Chinese government for not preventing the spread globally.
  - c. I don't care about China or how China is perceived by Americans.
  - d. Let's discuss with people how they feel about the Pearl Harbor bombing which was intentional & accidental disease spreading.
6. American religious leaders should respond to racist attacks by doing what?
- a. Avoid the topic & turn the other cheek.
  - b. Cite how Jesus & Gandhi spoke up without retaliation by force.
  - c. Encourage retaliation by acquiring weapons for self-defense.
  - d. Engage safely with haters in dialogue and other ways to hear how they think.

## **B. Identity Questions**

1. I perceive myself as:
- a. Passive. Non-confrontational.
  - b. Neutral. Don't want violence.
  - c. Ask for assistance when harassed.
  - d. I can defend myself.

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2. I feel like I have a negative bias towards:

- a. Caucasians
- b. Blacks
- c. Hispanics
- d. Other Asians
- e. Other ethnicities

3. I think within Asian communities, the Asians harassed the most are:

- a. Chinese
- b. Japanese
- c. Korean
- d. East Indians
- e. Filipinos
- f. Pacific Islanders
- g. Others

4. If I could change my race, I want to be:

- a. No change (my race)
- b. White
- c. Black
- d. Hispanic
- e. Others

*We encourage you to dialogue with others who take this Self-Reflection Tool*

*(Please see the following page for Discussion Group Tips)*

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# Discussion Group Tips

We encourage those who take the Self-Reflection Tool to create a safe, open space for community members to discuss and process their findings of the Self-Reflection Tool.

After a group leader is chosen, coordinate a time for those in your community to dialogue about your experiences taking the Self-Reflection Tool.

In case conversation starters would help, please see below:

- 1) What was your experience taking the Self-Reflection Tool?
- 2) Did your responses to the options for each question surprise you?
- 3) Are there additional/alternative questions and answers that you would have included? If so, what are they?
- 4) What are practical ways our community can build bridges with brothers and sisters from different racial and/or cultural backgrounds?