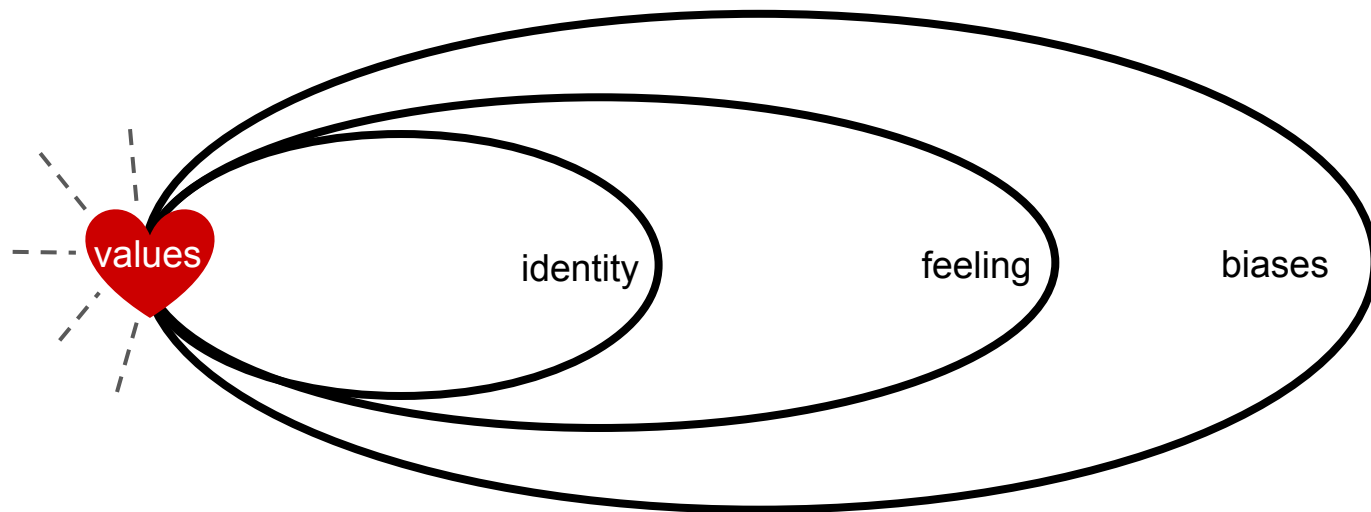


ACKNOWLEDGE

values & biases



THIS ACTIVITY helps designers develop a self-awareness and social-emotional awareness before entering a context to practice empathy.

The goal is that through this practice, the designer moves past transactional empathy towards transformational empathy & co-constructed design.

Note: This is good work. Fun work for some. Hard for others. Validating for some. Welcoming to others.

Notice Heart/Values: written radiating from the heart, write 5 values you feel strongly about or live by (e.g., family, creativity, social justice, or friends, love and money) They are what drive your actions.

Notice Identity: Write 5-10 ways that you define your own personal culture/identity: ethnicity, age, experience, education, socio-economic status, gender, sexual orientation, religion, skills...

Notice Feeling: Write 5-10 things you are feeling right now. How are you feeling about entering the context you will practice empathy within? Try to identify where these feelings are coming from How might these feelings affect your empathy work?

Notice Biases: Bias is a prejudice/assumption for/against a thing, person(s) compared to another, usually defined by one's values and lived experience. These biases can be conscious or unconscious (you are aware of them or not). Prior to empathy, it is important to surface both. Write 10 things, people, etc you bias toward and against. Reflect on Why.

NOTICE

REVEAL + PRACTICE
authentic self