

TRIGGERS AND BIAS : SECRET PARTNERS

When we are triggered by others - our family members, co-workers, acquaintances, or students - it could be a sign that we are struggling with some of our own biases.

Use this protocol to interrogate the sources of your own triggers and biases, either in writing or with a trusted peer.

- Describe the behavior that triggered you.
- Describe why the behavior triggered you.
- Ask: What underlying belief do I hold that was disrespected, ignored, or unknown to the other person?
- Ask: Could this belief be connected to a type of bias? Use this chart as a reference.
<https://www.visualcapitalist.com/wp-content/uploads/2021/08/all-188-cognitive-biases.html>
- Imagine what the other person may have been experiencing.
- Ask: Is there another way that I can interpret the triggering behavior?
- Consider sharing your thoughts and feelings with the person whose behavior triggered you.