14.3: Summary

We all have biases that are part of our life experiences and worldview. If we become aware of our hidden, even unrecognized biases, we can monitor and attempt to amend these hidden attitudes before they are expressed through behavior. Research suggests that a change in self-awareness can modify personal beliefs and attitudes and over time, reduce the strength of unconscious biases and lead one to critically think about bias and discrimination and take action to eliminate it. [225]