HOW EASY IS MY DAILY LIFE?

Nationality

- 1. When I apply for jobs, my legal right to work in this country will probably not be questioned.
- 2. People generally assume that I can communicate proficiently in English.
- 3. I have never been told not to speak in my native language during everyday interactions.
- 4. People do not assume I am poor because of my nationality.
- 5. People from my country are visible and positively represented in politics, business, and the media.
- 6. If I wanted to, I could travel without restriction to almost any country.
- 7. People where I live rarely ask me what country I'm from.



HOW EASY IS MY DAILY LIFE?

Religion

- 1. I can assume that I will not have to work or go to school on my religious holidays.
- 2. I can be sure to hear music on the radio and watch specials on television that celebrate the holidays of my religion.
- My religious views are reflected by the majority of government officials and political candidates.
- 4. Places to worship or practice my religion are numerous in my community.
- 5. Most people I'm around do not consider my religious practices to be "weird."
- 6. Implicit or explicit references to religion where I work or go to school conform to my religious beliefs.
- 7. I do not need to worry about the ramifications of disclosing my religious identity to others.



HOW EASY IS MY DAILY LIFE?

Class

- 1. I am reasonably sure that I or my family will not have to skip meals because we cannot afford to eat.
- 2. I have a savings account with at least a month's rent and bills set aside in case of emergency.
- 3. I have taken a vacation outside of the country within the past three years.
- 4. I have never been homeless or evicted from my place of living.
- 5. I have health insurance.
- 6. I don't have to rely on public transportation to travel to work or school; I can afford my own vehicle.
- 7. The neighborhood I live in is relatively free of obvious drug use, sex work, and violent crime.



HOW EASY IS MY DAILY LIFE?

Race

- 1. I can look at the mainstream media and find people of my race represented fairly and in a wide range of roles.
- Schools in my community teach about my race and heritage and present it in positive ways throughout the year.
- 3. I can go shopping alone most of the time, pretty well assured that I will not be followed or closely watched by store employees because of my race.
- 4. I can take a job with an employer who believes in Affirmative Action without people thinking I got my job only because of my race.
- 5. When I use credit cards or checks for a face-toface transaction, I don't have to wonder whether someone will challenge my financial reliability because of my race.
- 6. I can do well in a challenging situation without being called a credit to my race.
- 7. I am never asked to speak for all the people of my racial group.



HOW EASY IS MY DAILY LIFE?

Ability

- 1. I can assume that I will easily have physical access to any building.
- 2. I have never been taunted, teased, or socially ostracized due to a disability.
- 3. I can do well in challenging situation without being told what an inspiration I must be to other people of my ability status.
- 4. I can go shopping alone and expect to find appropriate accommodations to make the experience hassle-free.
- 5. I can easily see the letters on this page.
- 6. I am reasonably certain that others do not think that my intelligence is lacking just because of my physical status.
- 7. If I am fired, not given a raise, or not hired, I do not question if it had anything to do with my physical or mental ability



HOW EASY IS MY DAILY LIFE?

Gender

- 1. If I have children and a successful career, few people will ask me how I balance my professional and private lives.
- 2. There is nothing I have ever wanted to do that I felt couldn't do because of my gender.
- 3. When I ask to see "the person in charge," odds are I will face a person of my gender. The higher-up in the organization the person is, the surer I can be.
- 4. I do not have to think about the message my wardrobe sends about my sexual availability.
- 5. In general, I am not under much pressure to be thin or to worry about how people will respond to me if I'm overweight.
- 6. I will never be/was never expected to change my name upon marriage or questioned if I don't change my name.
- 7. Most individuals portrayed as sexual objects in the media are not the same gender as I am.



HOW EASY IS MY DAILY LIFE?

Sexuality

- 1. I have formalized, or could easily formalize, my love relationship legally through marriage and receive the benefits that accompany marriage.
- I can move about in public without fear of being harassed or physically attacked because of my sexuality.
- 3. I do not have to fear that if my family or friends find out about my sexual orientation there will be economic, emotional, physical or psychological consequences.
- 4. If I want to, I can easily find a religious community that will not exclude me for my sexuality.
- 5. No one questions the "normality" of my sexuality or believes my sexuality was "caused" by psychological trauma, sin, or abuse.
- 6. I can go for months without me or anyone else referring explicitly to my sexuality.
- 7. If I have children, I do not need to worry about others making fun of them or ostracizing them.

