

Place yourself in each situation below and imagine the various feelings you would have. Then, rate the strength of those feelings.

1. One day on campus you walk by 5 poster-sized flyers for a club on world hunger. The flyer features a large photo of a starving child.
No feelings Very mild Mild Moderate Strong Very strong
2. A friend tells you about being sexually harassed at a party. They say you're the only person they can talk to about the situation and ask you not to tell anyone.
No feelings Very mild Mild Moderate Strong Very strong
3. The TA in your lab tells a joke and looks around the room to see reactions. You find the joke mildly offensive but see that everyone else is smiling.
No feelings Very mild Mild Moderate Strong Very strong
4. You are doing a practicum in a health care setting, and your supervisor asks you to work with a patient who complains constantly, saying that no one else has time to deal with that person.
No feelings Very mild Mild Moderate Strong Very strong
5. You work as a barista, and a customer who got a coffee from someone else earlier in the day comes in yelling and calls you incompetent.
No feelings Very mild Mild Moderate Strong Very strong
6. Your name is mispronounced repeatedly by another student on your project team, and when you offer to help them learn it, they shrug and say it's too hard.
No feelings Very mild Mild Moderate Strong Very strong
7. A professor sends you a personal email explaining in detail how to do something you've already demonstrated to them that you know how to do.
No feelings Very mild Mild Moderate Strong Very strong
8. For a service project, you tutor a seven year old who begs you for toys and candy constantly.
No feelings Very mild Mild Moderate Strong Very strong
9. In a class, your instructor turns to you and asks you to give the viewpoint of people with your racial identity.
No feelings Very mild Mild Moderate Strong Very strong
10. A student who lives near you spends 30 minutes complaining about their classes when you cross paths in the hall.
No feelings Very mild Mild Moderate Strong Very strong