

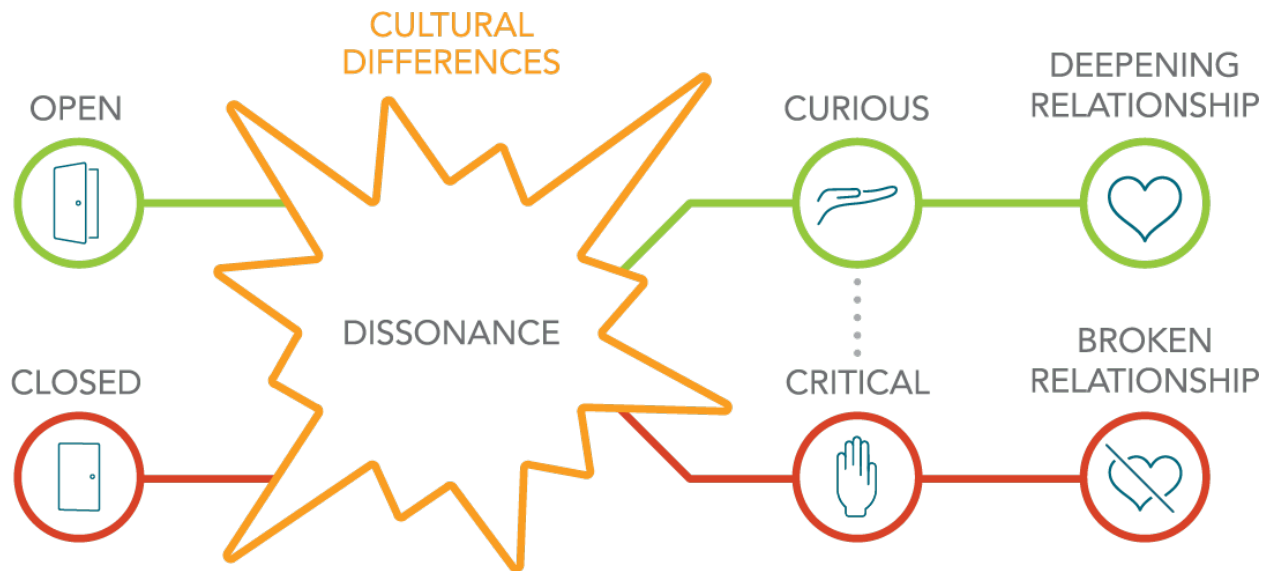
Response Self-Diagnosis Worksheet

Reflect on some of the aspects of critical and curious responses to cultural dissonance below.

Write a sentence or two in the empty column describing how you've seen that response, whether it was you responding, someone else, or your community. If you're having trouble coming up with examples from different cultures, try to think of some everyday examples where you've seen those responses.

Curious Responses	What it Looks Like	My Experience
Listen	Take the time to listen to the other person. Hearing their preferences and cultural assumptions, allowing their interests or needs to be expressed.	
Inquire	Asking questions to learn about the experience or dissonance you're having. Exploring together how your initial understanding of a situation might not be complete.	
Initiate	Taking the initiative to be appropriately vulnerable and honest with others. Instead of getting stuck, share your life, emotions, and opinions in a way that invites deeper trust and relationship. (Note that openness will look different in various cultures, but it should be characterized by honesty, integrity, and vulnerability.)	

Critical Responses	What it Looks Like	My Experience
Criticize	Overly focusing on the perceived faults or mistakes of other people and other cultures. Making myself feel better by telling myself (and others who agree with me) how bad and inferior others are. "It's all their fault."	
Rationalize	Attempting to justify dissonance in a way that puts the blame on others, thereby absolving myself from responsibility. Making excuses to get me off the hook. "They're the problem, not me."	
Isolate	Withdrawing physically, socially, or emotionally. Erecting a wall to stop engaging with a group or culture. "I just can't deal with these people anymore."	



Reflect

What emotions do you feel after doing this exercise? Frustrated? Upset? Encouraged? Confused?

Which Red-Line responses do you struggle with most and need to watch out for? Why do you think that is and what can you do to cultivate a different posture?

What is one Green-Line response that you would like to practice this week?

Who is one person you can ask to pray for you and keep you accountable?