WHEN I FELT DIFFERENT INFORMATION FORM

Instructions

Complete the information requested. After you have finished, form a group of three, preferably with people you do not know and people different from you in race, gender, age, and/or other characteristic. Please share the responses on this sheet with the people in your small group. Try to get in touch with the feelings and emotions that you felt during the experience.

1. Describe a time when you felt different.

2. Describe the experience. What were the circumstances?

3. Describe your feelings regarding this experience.

4. Describe the messages you received about yourself.
5. Describe how you would respond to that experience today.