

Recall a time when you thought to yourself, "Ugh, that dish looks disgusting! It smells!"

Did you know that Hinduism is a religion and Hindi is a language? Have you ever asked someone if they are Hindi?

What challenges have you experienced in the past when trying to connect with people of other cultures?

How do I ask people about their ethnicity? Should I ask they were they come from? Is that rude?

Have you ever had chai? Did you know that chai means tea, so when you say chai tea, you're saying tea tea?

What do you do when you meet someone who doesn't speak English?

Recall a time when you felt uncomfortable around a person or group of another culture

What generation did your family arrive in the U.S. or what tribe(s) are a part of your story?

In what ways is it hard for you to adapt and change?

What are your ethnic roots?

What are some of the cultural narratives or customs in your family?

What questions or fears are stirring within you when it comes to connecting across cultures?

Reflect on a time when you stereotyped a person of another culture (even if you didn't verbalize these thoughts)

How many friends of other cultures did you have growing up?

Do you have any Native American friends?

Recall a time that someone intentionally or unintentionally stereotyped you and how that encounter felt

Did you see your parents have friendships with people from other ethnic backgrounds or immigrants?

Do you know the name of the indigenous land you live on?

Do you think all Asians are good at math?

Have you ever gone into an ethnic food store or visited an ethnic restaurant?

Is it easy or hard for you to say, "I'm sorry"?

What did your parents communicate to you verbally or otherwise about different ethnic backgrounds?

If you do have a friend of a different cultural background, did they initiate the relationship or did you?

When was the last time you invited someone of a different culture over to your home for a meal?

Do you read authors from diverse backgrounds and ethnicities?

How often do you speak up, grieve, and demand justice when a person of color is killed?

Do you feel unsafe or suspicious when you see an African American man walking down the street?

What kind of TV shows does your family watch? For example, do you watch any shows with Black/Asian/South Asian/Latina leads?

What cultures have shaped your theology? Do you read texts by Black, Asian, Latin, and Native American theologians?

Recall a time when you had a positive experience connecting across cultures.

How often do you invite people to your home versus visit people in their homes?

When someone tells you they've experienced racism, is your gut reaction to say "I believe you. I'm sorry" or to dismiss their claims?

If you are a person of color, or mixed, how often do you raise your voice in solidarity with other communities of color?

When you see an immigrant construction worker or cook in a restaurant, do you wonder if they are here illegally?

What is your gut reaction to a neighbor blaring music or someone talking loudly on their phone?

Are you a good listener? When talking with people of other cultures, do you dominate the conversation or do you give space for others to share their stories?