

Unconscious bias: Hand-out 2

## Encounter diary

This diary is designed to enable you to keep a record of your responses (feelings, attitudes, levels of warmth and engagement) to the people you interact with. You can use this information to understand more about what unconscious biases might be triggered by the people you encounter and whether these biases affect the way you behave towards them. The more honest you are the more useful the information will be.

It is up to you whether you choose to share this information with anyone else or not. If you do so make sure that they understand the purpose of the diary (to make you more aware of your biases so that you can minimise their influence on your behaviour) and that you agree with them that the information is shared in confidence.

**Example**

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| **Date** | **Person and relationship** | **Duration** | **Interaction** | **Notes** |
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