

POLYVAGAL VIDEO SERIES

Video #7 Cultural Humility



Striving for Cultural Humility means being willing to critically examine our own biases, beliefs, and worldviews and assume a humble posture in learning about those different than ourselves. Use the space below to aid your journey.

WHAT BIAS, BELIEF, OR WORLDVIEW AM I GOING TO EXAMINE?

WHAT QUESTIONS CAN I ASK TO SEEK INFORMATION - NOT CONFIRMATION?

WHAT CAN I DO TO IMPLEMENT MY NEW KNOWLEDGE?