



PERSONAL ASSESSMENT TOOL: **IMPLICIT ASSOCIATION TEST**

The following Implicit Association Test provides an assessment tool for you to get a glimpse into one's unconscious and conscious biases.

The test, as well as possible interpretations, were developed by a number of Universities, including the University of Washington, University of Virginia, Harvard University and Yale University. However, these Universities, as well as the individual researchers who have contributed to the Implicit Association Test website, make no claim for the validity of these suggested interpretations.

You could access the tool on the following website

Implicit Association Test

<https://implicit.harvard.edu/implicit/takeatest.html>



Artwork by Dalila

THIS **TOOL** IS USEFUL IF YOU UTILIZE THE INFORMATION TO INSPIRE BEHAVIORAL CHANGE. WE HIGHLY SUGGEST YOU FIND A WAY TO PERSONALLY PROCESS YOUR RESULTS THROUGH INTROSPECTION, JOURNALING AND CONVERSATION.