

Name: \_\_\_\_\_

Week of: \_\_\_\_\_

### Triple-Entry Encounter Journal

The purpose of this journal is to provide you with a simple framework for confronting your own racism and ethnic biases. In the left-hand column, take notes on your firsthand encounters with difference: e.g., having conversations or exchanges with people with whom you do not share a salient characteristic, such as race or ethnicity. In the right-hand column, take notes on your secondhand encounters: e.g., listening to news reports involving people with whom you do not readily identify. Finally, at the end of the week, highlight your positive encounters in green, your neutral encounters in blue, and your negative encounters in red, and reflect on the similarities and differences between your firsthand and secondhand experiences.

Firsthand Encounters	Secondhand Encounters

Reflection