

The friction test

This is a self evaluation. Mark with an X how often you feel "friction" in these different areas. If possible add examples of when/how.

Area	Often	Some times	Rarely /never	Examples
Age				
Gender				
Sexual orientation				
Ethnicity				
Skin color				
Funktionalität				
Beliefs				
Social class				
Outer appearances				

- (1) With "friction" we mean that you are given an disadvantage or treated worse than other people in the same kind of situation. This can for example happen through negative comments, harassment or discrimination. It can also be more indirect and subtle like experiencing that your thoughts and insights are not valued or taken serious or that you are being limited by norms and ideas in the group/workplace/ society to which you do not conform.