

# Let's be real: How many of these thoughts and situations are you familiar with?

It's 2021 but gender stereotypes are still an integral part of our thinking - and often we are not even aware of them. We all fall prey to gender bias. The causes are numerous: cultural thought patterns, traditional norms, social assumptions and past experiences.

This bingo helps you uncover your hidden gender bias. Because reflecting and taking action are the first steps towards achieving equality.



I think women are "bitchier" than men.	When the laptop isn't working, I'm more likely to ask men for help than women.	When a woman is in a bad mood, I blame it on her cycle.	I think women are worse leaders.
I've been irritated by a woman who is attractive and intelligent at the same time.	I think men are more assertive than women.	Men have better negotiation skills and are better at representing than women.	I think women are more emotional than men.
I interrupt women more frequently than men.	When it comes to decorating a new apartment, I'm more likely to consult women.	I think women are better listeners than men.	There are situations when I judge women and men differently, even though they do the same thing.
I believe that women and men think fundamentally differently.	Ambitious career women are unappealing to me.	I think women are more caring and therefore invest more time in family.	Women are bad at networking.

## Three approaches to combat prejudice

### Know yourself!

We spend much of our lives in an energy-saving autopilot mode. It's worth taking a closer look at the settings of this autopilot - because our implicit bias are deeply rooted in our unconsciousness. This makes it easier for us to filter the myriad of information, but it can also lead us astray with automatic generalizations and „mental residue“.

### Trick yourself!

The best way to reduce prejudice is to deprive them of their basis. When applying for a job, for example, you can ask people not to mention their name, gender or attach their application photo. Thus we shift our focus towards the applicants' qualifications and skills instead of their appearance.

### Take your time.

Poor decisions impacted by unconscious bias are often the result of time pressure. That's why it is recommended to define criteria before making important decisions and to take enough time to think everything through.