

Making the Dream a Reality

What do you notice when you look at someone for the first time? Hair? Clothes? Skin color? Size? Do you feel superior to people that look different than you? Do you judge people before you get to know them? When you see someone who has a different appearance than you, do you clutch your possessions, and avoid eye contact? I admit it. I do all of these.

None of us are ignorant to what is going on in the world. News reports related to ISIS probably makes you scared of Arabians and Muslims. Seeing a family of Mexicans may make you think they came illegally. We are all biased, but we need to find a way to stop it.

Have you ever heard any of these claims? *“All Asians are good at math!”*, *“All Americans are obese, lazy, and dim-witted (Homer Simpson)”*, *“Blacks are good at sports.”*, *“Girls only care about their physical appearance.”* What do all of these have in common? They are stereotypes. Has anyone ever used a stereotype to describe you? We were all made differently, and no one is perfect. So why do we have this idea in our heads that we need to be perfect? Society has created these images! If you buy the latest shoes then suddenly you’ll be popular. Good for you, but the definition of popular is, “To be well liked in one group of society.” Just one! Sorry if you want everyone to like you, but that isn’t possible. There will always be that one person who doesn’t like you. So why do we try so hard to be perfect when we can’t be?

Recognizing our biases is the first step in overcoming them. It is not possible for us to love everything equally, but the point is to keep trying. So, the next time you are in the elevator with someone who looks different don’t clutch your things closer. Introduce yourself and get to know them. Reach out to them. Say hello and begin a conversation! It is time to begin a new day in age where we all get along and love each other!