



Cultural Humility Self-Reflection Questions



REFLECTION GUIDE

WHY THIS MATTERS

Cultural humility begins by recognizing that every person carries experiences we cannot fully understand.

It is not about becoming an expert on someone else's culture. It is about remaining curious enough to recognize that our own experiences shape the way we listen, respond, and relate to others. The goal is not perfection. The goal is to continue learning, questioning, and growing throughout our lives.



SIT WITH THIS



When was the last time someone changed the way I understood the world?



What part of my own story influences how I see other people's stories?



When do I feel the strongest need to be "right" instead of remaining curious?



If someone experienced the world very differently than I do, would they feel safe enough to tell me?



WALKING FORWARD

One perspective I want to become more curious about:

One way I will practice listening before assuming:



Humility begins when we recognize that another person's lived experience may teach us something our own never could.

