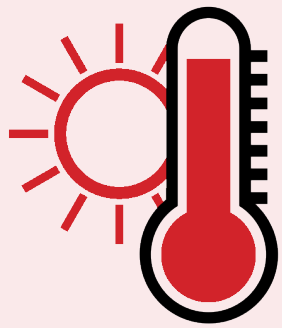


# WORLDVIEW THREAT THERMOMETER



**I'M LETTING  
MY EMOTIONS  
DICTATE MY  
ACTIONS**

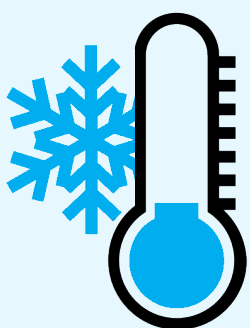
**I'm aware of what I'm feeling**

**I'm feeling comfortable  
even though I might  
feel "yucky" things**

**The differences I have  
with others are not  
problems to resolve**

**I'm listening and reading  
with care and attention**

**I'm engaging in dialogue  
across differences**



**I'M AVOIDING  
MY EMOTIONS  
AND  
WITHDRAWING**

**I KNOW WHAT  
I'M FEELING  
AND WHY —  
AND I ACCEPT  
THAT**

**I feel the need to defend  
my view rather than listen  
to what others are saying**

**I'm latching onto a small  
aspect of an opposing  
view to justify my own**

**I'm noticing a desire to  
convert others to my view**

**I feel a need to belittle  
or insult someone with a  
different view**



**I'm resisting a deeper  
engagement with the topic**

**I'm shielding myself from  
how this different view  
affects me**

**I'm noticing a desire to  
distance myself (physically,  
emotionally) from those  
with different views**

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This poster draws on research supported by the Social Sciences and Humanities Research Council.



Social Sciences and Humanities  
Research Council of Canada

Conseil de recherches en  
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