

Stereotype is a concept of generalization to a specific category of people and therefore it is expected that all people of this specific group will have one of their actions and behaviors and of course, this is a big mistake. Stereotypes have become generalized at all times and are inaccurate, putting a barrier on us in obtaining any new information. While some generalizations can be useful when making timely decisions, they will be misleading while implementing specific persons and may cause them harm. There are multiple ways to reduce the power of stereotypes. Here are some tips to help you do this. First: Challenge with yourself – When you realize that you see people through a certain lens, try to challenge yourself to see others. As ordinary individuals like others as an individual (for example, when a friend says something that brings out a particular aspect of you, try to see/hear them as a unique person rather than a stereotype). Second: Ask everything – one of the best ways to combat stereotype is to ask yourself questions. Why do people say things? Why do people behave that way? What are their backgrounds? What are their experiences? Try to put yourself in their shoes and open your mind to potentially be more than you originally thought. Look beyond the surface dimension – the process of flattening people completely and distancing them from themselves is totally unacceptable. Try to see people as they are and not just as you think.