

# Self Assessment



Even the most enlightened, intelligent, and well intentioned professionals harbor some bias, often so subtle that they are unaware of it. This module contains a number of tools that will help you assess personal attitudes and uncover potential bias toward obese people that you may have. The exercises are challenging and important. Becoming aware of your own attitudes can help you ask important questions:

How does my practice reflect my own attitudes?

What can I do to become a more welcoming and supportive provider for all my patients?

