

Exercise: Identify Your “PC Shoulds”

This is intended to provide a little humor following a few serious chapters – but in a way that detects a little truth. Read through the list below, and check off the items that pertain to you. If you check more than 2 or 3 items, you may not yet be acting with integrity – you may still be more concerned about “looking PC.” Good luck, and remember that we’re all human!

1. ___ When friends visit my house, I make efforts to see that my eco-friendly cleansers and other products are prominently displayed. This is not to educate them, but to show how cool I am. For the same reason, I hide several “non-green” items that I use regularly.
2. ___ When I do #1, I make sure that any labels on the green products face outward for all to see.
3. ___ I still shop regularly at department stores that I routinely bash in “socially responsible” conversation.
4. ___ When I do #3, I shop between 11 PM and 6 AM so I’m less likely to be spotted by someone I know, even though I feel guilty for supporting 24-hour supercenters.
5. ___ I order vegetarian or vegan dishes when I’m out with vegetarian or vegan friends, but at home I eat steak for breakfast and have even devised a way to create “salad” without any plant-derived products.
6. ___ The one person in my family with a physical disability is the one I talk about the most, even though I haven’t seen them in 10 years. The story I always tell involves me helping them.
7. ___ I pause for more than two seconds when trying to decide what term to use to refer to someone in a minority group. I then slur my speech or cough while saying it so others can’t tell what I said. “Afri – aaaacho! Ahem.”
8. ___ Someone with multiple minority statuses (e.g., an African-American vegan Jewish lesbian Libertarian with quadriplegia) gets an automatic invitation to my party, regardless of whether we have anything in common.

9. ___ At my parties, I always ask my one friend of a different race to help by answering the door. I want them to be the first one guests see when they arrive.
10. ___ I'm so busy alternating between "he/she" and "she/he" when I'm speaking to someone that I miss the main points of the conversation.
11. ___ I have a "stop global warming" bumper sticker on my large, non-hybrid SUV.
12. ___ I hide my Christmas tree in the basement and put out a Menorah when Jewish friends come over, or vice-versa with other religious symbols.
13. ___ I was very cold when I arrived at my vegetarian friend's party, and lied about why I *really* left my coat in the car.
14. ___ While viewing the film *Borat* with several friends, I struggled to remain straight-faced throughout the film. The very next day I returned to see it a second time alone and laughed my hind end off.

As we convert our "PC shoulds" to a deeper awareness and honesty, we can further increase our integrity across multiple life areas. This helps to ensure that we're engaging in actions because we really *want* to, not only because we desire approval.