

The Culture Inside

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Invisibilia:

Is there a part of ourselves that we don't acknowledge, that we don't even have access to and that might make us ashamed if we encountered it? We begin with a woman whose left hand takes instructions from a different part of her brain. It hits her, and knocks cigarettes out of her hand and makes her wonder: who is issuing the orders? Is there some other "me" in there I don't know about? We then ask this question about one of the central problems of our time: racism. Scientific research has shown that even well meaning people operate with implicit bias – stereotypes and attitudes we are not fully aware of that nonetheless shape our behavior towards people of color. We examine the Implicit Association Test, a widely available psychological test that popularized the notion of implicit bias. And we talk to people who are tackling the question, critical to so much of our behavior: what does it take to change these deeply embedded concepts? Can it even be done?

Listen to the whole story: [Invisibilia](#)