ATRIBUTION THEORY

Attribution theory is concerned with how and why ordinary people explain events the way they do. The theory suggests that we attach meaning to other people’s, and our own, behaviors to arrive at an explanation.  

INTERNAL AND EXTERNAL ATTRIBUTION ¹

<table>
<thead>
<tr>
<th>INTERNAL ATTRIBUTION</th>
<th>EXTERNAL ATTRIBUTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>For example, &quot;She lacks self-control&quot; or &quot;She has a bad temper.&quot;</td>
<td>For example, &quot;Something bad happened&quot; or &quot;She has been wronged.&quot;</td>
</tr>
</tbody>
</table>

EDUCATION ²

Education is about learning factual information about stigmatized conditions and correcting misinformation.

EXPERIENCES ³

People without a stigmatized condition have little meaningful contact with those who have the conditions.

PRACTICES AND POLICIES

Practice and polices may impede access to services and compliance with treatment.

REFLECTION QUESTIONS

• What are some of the stigmatizing assumptions you are making that need to be challenged?
• What are some learning opportunities you are willing to seek out?
• What are some intentional experiences you can seek to reduce stigma?
• What practices and policies in your organization might be contributing to stigma? How could these practices or policies be changed?

