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Becoming an Ally in the “Real World”

Think of a time you heard someone in your life—in your family or at work or school—say something racist or that reflected internalized racism. Once you have that incident in mind, write your response to the following:

Did you respond to this person? Why or why not?

What emotions came up for you during this event? What did you notice about your body? Did your body tense up or freeze? Did you feel tightness or some other sensation in your back, shoulders, pit of your belly, or somewhere else?

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Did you share your feelings with the person? What would you say to this person if you did share your feelings?

Next, apply a few of the following sentence stems to what you might have said to this person in this interaction to practice a bit.

Express curiosity: Tell me more about...

Offer an alternate perspective: Have you ever considered...

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Share your disagreement: I don't see it the way you do. I see it as...

Seek an area of agreement: We don't agree on...

but can we agree on...

Ask to continue the conversation at a later time: Could we revisit this conversation about _____ tomorrow?

Set a boundary: Please do not say...

again to me or around me.

Adapted from: *The Racial Healing Handbook: Practice Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing* by Anneliese A. Singh