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Delving Deeper Into Personal Experiences of Racial Microaggressions

Please first complete the worksheet entitled, "Exploring Personal Experiences of Racial Microaggressions." Revisit the top three racial microaggressions on your list in the previous worksheet, and reflect a little more deeply on these experiences. For the racial microaggression you ranked #1 in frequency of committing or experiencing, identify the internal dialogue and external dialogue that can help you respond in a more helpful way.

Your #1 ranked racial microaggression category:

What statement in this category do you most often hear?

What is your typical internal dialogue in response to this racial microaggression?

What is your typical external dialogue in response to this racial microaggression?

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How could you refine your typical internal dialogue in response to this racial microaggression so you don't further internalize racism (as a person of color) or further commit microaggressions or allow others to commit them with no response (as a White person)?

Your #2 ranked racial microaggression category:

What statement in this category do you most often hear?

What is your typical internal dialogue in response to this racial microaggression?

What is your typical external dialogue in response to this racial microaggression?

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How could you refine your typical internal dialogue in response to this racial microaggression so you don't further internalize racism (as a person of color) or further commit microaggressions or allow others to commit them with no response (as a White person)?

Your #3 ranked racial microaggression category:

What statement in this category do you most often hear?

What is your typical internal dialogue in response to this racial microaggression?

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What is your typical external dialogue in response to this racial microaggression?

How could you refine your typical internal dialogue in response to this racial microaggression so you don't further internalize racism (as a person of color) or further commit microaggressions or allow others to commit them with no response (as a White person)?

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