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Grieving the Role I Have Within the System of Racism

Please first complete the worksheet entitled, "Applying the Five Stages of Grief to My Experiences with Racism." How do you really feel about the role you have within the racial hierarchy? What have been the impacts of this on your life in terms of grief and loss? Respond to the questions below to increase your awareness about this grief and loss.

When you think about your role within racism as a person of color or White person, what feelings come up for you?

How are the feelings you listed above related to the stages of grief (denial, anger, bargaining, depression, acceptance)?

Which stage of grief (denial, anger, bargaining, depression, acceptance) is easier for you to experience in relation to your role within racism, and why?

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Which stage of grief (denial, anger, bargaining, depression, acceptance) is tougher for you to experience in relation to your role within racism, and why?

Overall, what have you learned about yourself and your general reactions in the stages of grief (denial, anger, bargaining, depression, acceptance) that can help you on your racial healing journey?