

Racial Growth Tools for White Folks

Learn Racial Truths

Courage builds courage. As white people we must let historical truths settle in our bodies. White supremacy fills us with lies we must dismantle. Make time to reflect, then go learn more. When emotions rise or seem illogical, take time to reflect upon what you've learned so far. Breathe deeply. Take the next step.

Grappling for Growth

White Americans are unprepared for constructive, rational racial discussions. Commit to learn! When grappling to digest transformational information, look at resources that exist inside of us and throughout the online & material world. Remember - embracing ambiguity & practicing mindfulness helps ground us!

Helpful & Effective Tools

Suppress anxiety, increase focus, and privately process racial information.

- ∞ Grounding Body Work
- ∞ Intentional Breathing
- ∞ Tactile Engagement
- ∞ Music or Natural Sound

*For private processing or white accountability groups only

Inspiration via Obscured History

When feeling alone or isolated on this journey toward racial liberation, knowing about others who came before is critical.

White anti-racists haven't been fully erased from history. Find them. Learn their stories.

Be encouraged and motivated by their actions and through their experiences.

Listen Deeply. Look Closely. Strive for Better.

This is forever work and it will change you.

Go deep inside yourself and then look even further. Go to the basement. Truly hear the racial truths being told to us; the single story is not the story.

Recognize the mistakes we will inevitably make.

Learn to apologize with sincerity and a deep respect toward the learning.

Racial healing begins with introspection, community, and self-love.