



6 I'S OF INTERRUPTING WHITE PRIVILEGE

WORKSHEET

*This worksheet is supported by 6 I's of Interrupting White Privilege **Article and Checklist**. Both resources are designed to work together with this worksheet to deepen your reflection and strengthen your action.. This and other resources can be accessed by contacting the author, Dr. Gilo Kwesi Logan at: www.DrLoganSpeaks.com*

Worksheet: Identity

What role do your race and racial identity play in this situation? What challenges does your identity pose? How might you leverage your identity towards meaningful action?

What intersecting identities of yours are of importance to the situation, particularly in terms of your experience being privileged or targeted by racism?

How has your identity in relation to power, privilege, and oppression has been impacted (i.e., targeted, or advantaged)?

What racial stereotypes, myths, bias, or prejudice (towards your own identity or the identity of others) have you been socialized by that may be relevant to the situation?

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What were you taught people of your identity should do in situations like this? Is this something you have lived up to? Why or why not? How do you feel about that?

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How has your experience with racism (as someone who is privileged or targeted) impacted your perception and judgment of the situation you are confronting?

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What are your takeaways?

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Worksheet: Integrity

Now that you are clearer on what role your identity plays in the situation, you need to be clear on why you should act. This speaks to your integrity.

What is the one core value of yours the situation infringes upon that you are willing to stand for and protect? For what purpose are you acting?

What conflicting thoughts, feelings, or beliefs must you contend with?

Are you willing to be unpopular based on your action and what you believe in? What are the challenges or consequences might you face as a result?

In its simplest terms - regardless of any feelings of doubt, fear, anxiety, or confusion - what is the right thing to say and do in the situation?

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What are your takeaways?

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Worksheet: Intention

Now that you better understand your identity and are clearer on why you should act based on your integrity, your next step is to explore what you hope to accomplish by acting. The speaks to your intentions.

Considering who you are (identity) and what you believe is right (integrity), what are you called to do?

What do you intend to do? What are you trying to accomplish?

What are consequences that haven't been considered?

Are your intentions based on a positive outcome, or a negative one (retaliation, harming or getting back at the perpetrator)?

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What are your takeaways?

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Worksheet: Intervention

Knowing who you are in the situation, why you are compelled to act, and what you are wanting to accomplish, it is time to act and do so unapologetically.

What realistic capacity do you have to act? Are you sure your desire to act is not based on idealism or sheer emotions?

What racial (and other identity) dynamics are at play that you should consider?

What are your spheres of influence?

Where is the threshold between what you are comfortable doing and uncomfortable doing? Are you willing to do it even if it is uncomfortable or unpopular?

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What challenges and limitations are there to what you can do? What opportunities does the situation provide for you to act?

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What will be your plan of action?

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What are your takeaways?

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Worksheet: Impact

Remember, it is about action, not perfection-accept imperfection. Conviction strengthens action. Understand, that what we intend in our actions can differ from the impact of our actions.

What was the effect of your actions? What were any (expected and unexpected) positive and negative outcomes of your actions? When appropriate, have you asked others about their thoughts and perspectives?

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What, if anything, was the difference between your intended outcome and the actual outcome? How can you address any negative outcomes you unintentionally triggered?

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Were any of your thoughts, words, or actions inconsistent or not in agreement with your intentions or your integrity?

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How will you own any mistakes you made and hold yourself accountable to others?

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What are your takeaways?

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Worksheet: Introspection

And now you have reflected on your identity and the position it puts you in, in relation to the situation, and why, based on who you are and what is important to you, you have taken action and reflected on the impact of your action, now it's time to introspect.

What has been the overall impact of racism and White privilege on you in dealing with the situation?

What mental and emotional processes of yours before, during, and after the situation were of significance?

What bias, assumptions, stereotypes, and prejudice (of yours and of others) might have been at play? What impact might they have had?

What meaning do you make of the role of your identity? Your integrity? Your Intentions? Your Intervention? Your impact?

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Throughout this introspective process you kept the focus on you and what you have control over, and not the situation, other people, or what's outside of your control?

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What worked and what didn't? Why? What meaningful insights have you learned about yourself?

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What are your takeaways?

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