**Racial Aggressions Reflection Log**

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| * ***Allow yourself to be curious about what racial aggressions you might have committed.*** * ***What is happening in your body right now?*** * ***What feelings come up?*** * ***Notice if you need to take a break*** * ***Notice what’s emerging for you and take the opportunity to pause and reflect*** |
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**Reflections on Your Response to Systemic Racism**

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| **Were there any surprises or learnings about the content or your own response to the content?** |
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| **If so where did you experience these?**   * **Body – as sensations** * **Heart – as Feelings** * **Mind – as Thoughts** |
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| **If you didn’t experience any response be curious about this – were you aware of yourself withdrawing or shutting down; not listening; or were you able to stay present?** |
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| **Were you aware of any somatic responses? did you suddenly get a headache, tummy ache or feel really tired?** |
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**Racial Trauma & RBTS Reflection Log**

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| ***Notice what is happening in your mind & body as you learn about racial trauma and race-based traumatic stress*** |
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**Racial Trauma & RBTS Post-Learning Reflections**

**Using your body and mind reflection log, take some time to reflect on:**

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| **Were there any surprises or discoveries?** |
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| **Did you notice any sensations, feelings or thoughts of shame, discomfort or resistance?** |
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| **Did you have any moments of satisfaction or relief?** |
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| **Did you notice yourself shutting down or not listening? At what point did that happen?** |
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