

Healing from Racism

To all my African heritage sisters

JOURNALING
SISTERS

WITH SHUAN BUTLER

Shuan 

Journaling Prompts for my African heritage sisters:

As an Asian sister ally, I promise to continue to do my individual work on my racism. As an African heritage or black woman there is inner work only you can do to heal from the effects of racism. Here are 3 questions to start:

1. What was it like growing up for you? Were you in a predominantly white, black, or diverse neighborhood? What was difficult? What did you enjoy?



A series of seven horizontal lines for journaling, each starting and ending with a small circle.

2. What would you describe as your first encounter with racism?
Try to describe in as much detail as possible.

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3. These are not easy topics and I commend you for sticking it through and realizing your healing comes from looking at the hard things in your past. For a 'balance of attention' as we call it in my co-counseling community, let's talk about something good! What is something that you love about being from your particular culture, group or community? Or if you prefer, what is something you've grown to love about yourself?

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