

WORKSHEET – My Anti-Racism Education Plan

Begin by asking yourself some questions and journaling your answers.

1. What are my beliefs about Black people seeking therapy?
2. What do I feel in my body when I work with a non-White client?
3. What are my fears about being a therapist for non-White clients?
4. How can I develop my own health identity and culture?

List of steps I will take to educate myself (sample first row)

What I will do	Date I will do it?	Date completed
Review list of resources and mark those I want to use	Nov. 7th	