

WORKSHEET – Looking at My Own Biases - DATE: _____

What information am I missing about my own race, culture, ethnicity?
How do I benefit from white supremacy?
What steps have I taken to unlearn my own racism?
What intersectional lenses do I operate under?
What blocks me from bringing up differences in the therapy room?
How can I move from performative to directive allyship?
What is my plan for educating myself in this area?