Exploring the Hard Stuff About Our Roles Within Racism

How People of Colour and how White people experience grief and loss related to racism

People of Colour	White People
Believing you are less valuable as a person of colour than White people	Feeling guilty that you were taught in implicit and/or explicit ways that you are better than people of colour
Disliking your physical features that reflect your race	Feeling guilty about making a racist comment
Not appreciating your physical features that reflect your race	Feeling afraid to make a "mistake" when it comes to racism
Feeling hopeless after experiencing everyday microaggressions	Feeling angry that you have to work on your racism
Feeling scared after experiencing street harassment	Minimizing the dominant role and related privilege that you have in racism
Denying that racism is impacting you	Fearing challenging another White person's racist attitudes, thoughts, or behaviours
Minimizing the effects of racism on you	Going back and forth about whether you can use your White privilege to make social change
Going back and forth about whether racism influences your life	Being so angry about an incident of racism that you get stuck in that anger and don't actually take action to challenge it.

Source: The Racial Healing Handbook, by Anneliese A. Sigh