

Healing from Toxic Whiteness Practice Session 1

We will begin shortly at 8 pm ET / 5 pm PT. As we wait for other participants to arrive, please share in the chat:

- What is your name and where are you calling in from?
- What stood out to you from the first two training sessions?

If you have questions, please put them in the chat.
Thanks!

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Restoring Internal Justice with Compassion

1) Notice the toxicity of resisting what happened and making someone/yourself wrong as a person in how you're relating to the specific situation.

2) Acknowledge that there are three different realities at play - your internal reality, the internal reality of the other person(s), and the external reality.

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Practice Time!

- What signs of toxicity are you noticing in how you're relating to the situation?
- What shifts, if anything, if you consider that everyone is coming to the situation from a different place and there's a reason for their experiences?

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2) Acknowledge that there are three different realities at play - your internal reality, the internal reality of the other person(s), and the external reality.

3) Get humbly curious about your internal reality and bring gentle attention to how it's expressing itself via your body.

1. Acknowledge (and continue acknowledge) what is coming up for you until you reach the source pain.
2. Invite the source pain to share with you what it needs in order to be cared for.
3. Acknowledge how you have not been taking care of that pain and how it's impacted you and others.
4. Notice if/how you feel called forth to care of that pain.
5. Affirm if you will do as you feel called forth and if you're not ready to affirm that, affirm where you are related to that action.

4

Reflection Time!

- What did you notice as we did the mindfulness exercise?
- What did you learn about yourself?

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- 3) Get humbly curious about your internal reality and bring gentle attention to how it's expressing itself via your body.
- 4) Learn about what led to you believing that your position was acceptable in the first place.**

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Planning Time!

- What can you do to learn more about the history of why you took the position you did and how it shows up in today's context?
- What do you notice coming up for you as you think about learning more about it?

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Key Takeaways!