



# Understanding Privilege & Reflecting on Racism: A Personal Worksheet

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This worksheet is designed to support self-reflection and awareness around privilege, racism, and lived experiences. It is not about guilt or shame, but about building understanding, responsibility, and meaningful change. As a white person, I know that it is up to me to learn and not up to BIPOC people to teach me.

## 1. Understanding Privilege

What messages did you receive growing up about race?

When did you first become aware of your own racial identity?

In what ways has your race made your life easier or more comfortable?

Have you ever seen people of your race widely represented in media, leadership, or positions of power? How does that impact you?

## 2. Recognizing Systems, Not Just Individuals

What comes up for you when you hear the word 'racism'?

Do you tend to think of racism as individual acts or larger systems? Why?

Can you identify ways institutions (schools, healthcare, justice system) may treat people differently based on race?

Have you ever benefited from a system that disadvantages others, even unintentionally?

## 3. Exploring Discomfort

What emotions arise when you think about privilege (e.g., defensiveness, guilt, confusion)?

How do you typically respond when you feel called out or challenged on issues of race?

What would it look like to stay present and curious instead of shutting down or becoming defensive?



# FELT SENSE

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## PSYCHOTHERAPY

### **4. Perspective-Taking**

Imagine navigating daily life knowing you may be judged or treated differently because of your race. What might feel different? What extra precautions may you take day to day?

What concerns might you carry that you currently do not have to think about?

How might experiences in school, work, or public spaces feel different?

What might it be like to not see yourself represented or positively portrayed in media or leadership?

### **5. Moving Toward Action**

What is one belief or assumption you want to challenge in yourself?

How can you continue educating yourself about racism and lived experiences of BIPOC individuals?

What does accountability look like for you when you make a mistake?

What is one concrete action you can take to contribute to equity in your daily life?

Reflection is an ongoing process. Growth comes from continued curiosity, humility, and action.

