

THE Conversation Starts Here! WORKSHEET

Meaningful ?s on Race, Color, Experience, and Perception

Who:

These conversations can be had with your black or white friends, your family, your church small group session, or your colleagues where permitted and encouraged. I hope you are employed in a place where these discussions are not only permitted but also encouraged.



Where:

“Buts” and deflection will not provide a safe haven for those you care about to share. If any real change is to come we need to have these conversations, and they must be intentional and not asked in passing. Make time to sit down over a meal, a long coffee break in the park, or a simple pot of tea in your living room, whichever works best for you. I encourage you to make the time. Real change is made in these gentle moments where the heart can speak and be tenderly heard.

What & When:

Set aside at least an hour (with a time limit of two hours) for smaller groups with a maximum of 6-8 people). If we stay within these timeframes, people are willing to come back and invest time again in the future. Keeping groups smallish and timely gives every heart time to share and enough space to encourage vulnerability.

QUESTIONS TO PONDER, WRITE, SHARE, AND REFLECT:

Instructions:

Take 10-15 minutes to complete the following questions. Use additional pages if necessary. A reminder to all: Lots of memories and emotions may come up along the way. In the interest of time, there is no need to write a “book” for each question. You can take the time you need later to further journal your thoughts if you wish.

When did you first notice color? Would you consider it a good experience or not?

When did you first see racism? What was the reaction of those around you? How do you think it harmed you by witnessing it? Was the situation ever resolved?

Have you seen/experienced racism in church? Are you seeing racism addressed in church?

In school, did your teachers show favoritism? Who were their favorites (what did these particular individuals have in common)?

How many teachers, employers, managers, pastors, have you had that were black?

How do you think movies and commercials play into your perception of black people?

Have you ever had to advocate for a stranger or for someone where it might not benefit you?

Tools to help be an advocate:

- See something – say something.
- If we are willing to speak up on smaller things, it will be practice and build confidence on larger things.

Advocacy takes practice and courage!