


JOURNAL QUESTIONS

MINNESOTA'S RACIAL LEGACY: FINALLY TELLING THE TRUTH

	BIPOC Bodies	White Bodies
<p>Right After the Event</p> 	<p>How are you processing the events of the last 2 days? What did you hear? See? Feel? What was familiar? What new ideas emerged that left you with questions?</p> <p>What is showing up in your body? Where do you feel constriction or expand?</p> <p>How do you believe white people can best support the Truth and Reparations work overall? In what ways can they show up better for BIPOC communities? (AND for non-Black and Indigenous people - what ways can you show up better for Black and Indigenous communities specifically).</p> <p>In what ways do you need to address your own tendency to be complicit in upholding white supremacy? How can you build community with other BIPOC bodies to support you in this work?</p>	<p>How are you processing the events of the last 2 days? What did you hear? See? Feel? What was familiar? What new ideas emerged that left you with questions?</p> <p>What is showing up in your body? Where do you feel constriction or expand?</p> <p>What steps can you take to best support the Truth and Reparations work overall? In what ways can you show up better for Black and Indigenous communities specifically?</p> <p>In what ways do you need to address embodied white supremacy at a personal level? How can you build community with other white bodies in doing this work?</p>
<p>2 Weeks Out</p>	<p>It has been two weeks since the Truth and Reparations event. What things might you still be unpacking or wrestling with? What steps can you take to continue to wrestle with these ideas with other BIPOC bodies? What other things need to be done to ensure that there is some permanence to the work that began at this event?</p>	<p>It has been two weeks since the Truth and Reparations event. What things might you still be unpacking or wrestling with? What steps can you take to continue to wrestle with these ideas with other white bodies? What other things need to be done to ensure that there is some permanence to the work that began at this event?</p>
<p>Month Out</p>	<p>It has been one month since the Truth and Reparations event. How are you keeping yourself grounded in the themes that emerged from the event?</p> <p>How are you honoring your commitments to show up better for Black and Indigenous communities specifically? (for POC who are not Black or Indigenous)</p>	<p>It has been one month since the Truth and Reparations event. How are you keeping yourself grounded in the themes that emerged from the event?</p> <p>How are you honoring your commitments to show up better for Black and Indigenous communities specifically?</p>
<p>6 Months Out</p>	<p>It has been six months since the Truth and Reparations event. What do you envision as the next stage of this work? How can you be a part of that work? In what ways have you shown up in the last six months that speak to that?</p>	<p>It has been six months since the Truth and Reparations event. What do you envision as the next stage of this work? How can you be a part of that work? In what ways have you shown up in the last six months that speak to that?</p>