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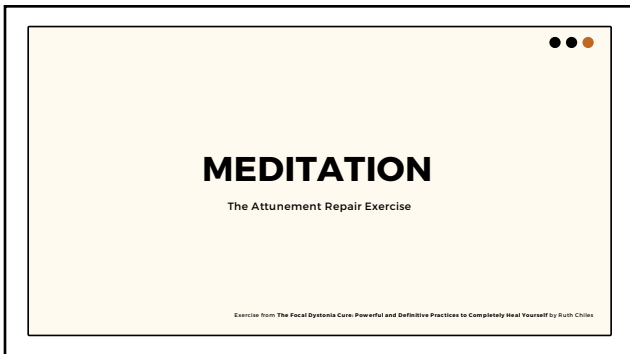
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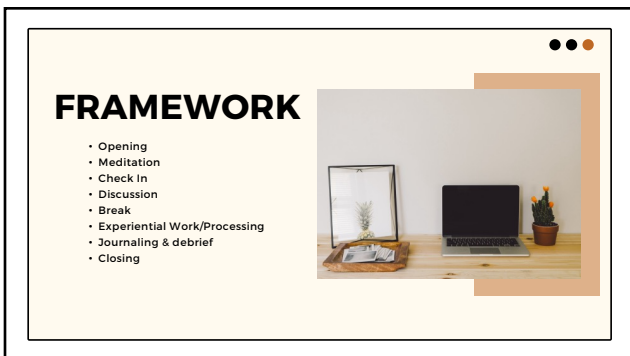
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**CHECK IN**

What is the body feeling right now?  
 What is the heart feeling right now?  
 What is the head thinking right now?



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It is often not the bad things that happen to us that cause us trauma, but the fact we feel **alone** and **isolated** at the time of the event, without resources to fully cope.

excerpt from Creating Healing Circles Using the Internal Family Systems Model in Facilitating Groups, by Chik Burns, LMFT

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**IMPACTS ON SELF & OTHERS**

**Internalized Racism**  
 The belief in harmful stereotypes and ideas about your own racial group that have been perpetuated by the dominant white society.

**Internalized Racial Inferiority**  
 Seeing oneself as inferior due to historical racial labels, leading to disempowering behaviors like isolation and self-doubt.

**Internalized Racial Superiority**  
 Believing you are superior because of your racial background, often resulting in unearned privileges and an inflated self-image based on your race.

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## IMPACTS ON SELF & OTHERS

**Internalized Racism**  
The internalization of the racist stereotypes, values, images, and ideologies perpetuated by the white dominant society about one's racial group (Pyke, 2010).

**Internalized Racial Inferiority**  
The acceptance and acting out of an inferior definition of self, rooted in the historical designation of one's race. Over many generations, this process of disempowerment and disenfranchisement is expressed in self-defeating behaviours. Some examples: colourism, isolation, protectionism, addiction, self-doubt, self-hate, rage, shame, ethnocentrism, anti-Blackness, anti-Indigenity.

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## IMPACTS ON SELF & OTHERS

**Intra-Diaspora Conflict:**  
Intra-diaspora conflict refers to conflicts that occur within a single diaspora community. These conflicts typically involve disputes, tensions, or divisions among members of the same diaspora group. The causes of intra-diaspora conflict can be diverse, including differences in religious beliefs, political affiliations, generational gaps, or competing cultural identities. These conflicts can lead to social fragmentation and internal divisions within the diaspora community, impacting their cohesion and ability to address common issues and concerns.

**Inter-Diaspora Conflict:**  
Inter-diaspora conflict refers to conflicts or tensions that arise between different diaspora communities. These conflicts typically occur when two or more distinct diaspora groups, often from the same or neighbouring regions of origin, clash or compete for various reasons. The causes of inter-diaspora conflict can vary widely and may include disputes over resources, differences in political ideologies, historical grievances, or cultural disparities. Such conflicts can have significant social, political, and even violent consequences, both within the diaspora communities and in the host countries where they reside.

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## DISCUSSION

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**BREAK TIME**  
5 MINUTES

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**IT'S TIME TO PROCESS**  
Using Your Body to Regulate Well Being



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**JOURNALING & DEBRIEF**

- Notice what feelings, emotions, sensations, memories came up for you.
- Did they have a colour or tone?
- Notice any meaning that was made during this processing.
- Identify any parts that you became aware of during this time.
- Did you notice any shifts?
- Notice if you can feel understanding, tenderness, compassion toward any parts that are feeling vulnerable.
- Notice the difference between now and when we first started.

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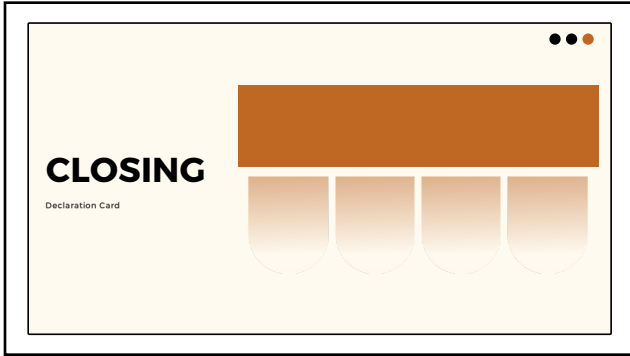
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