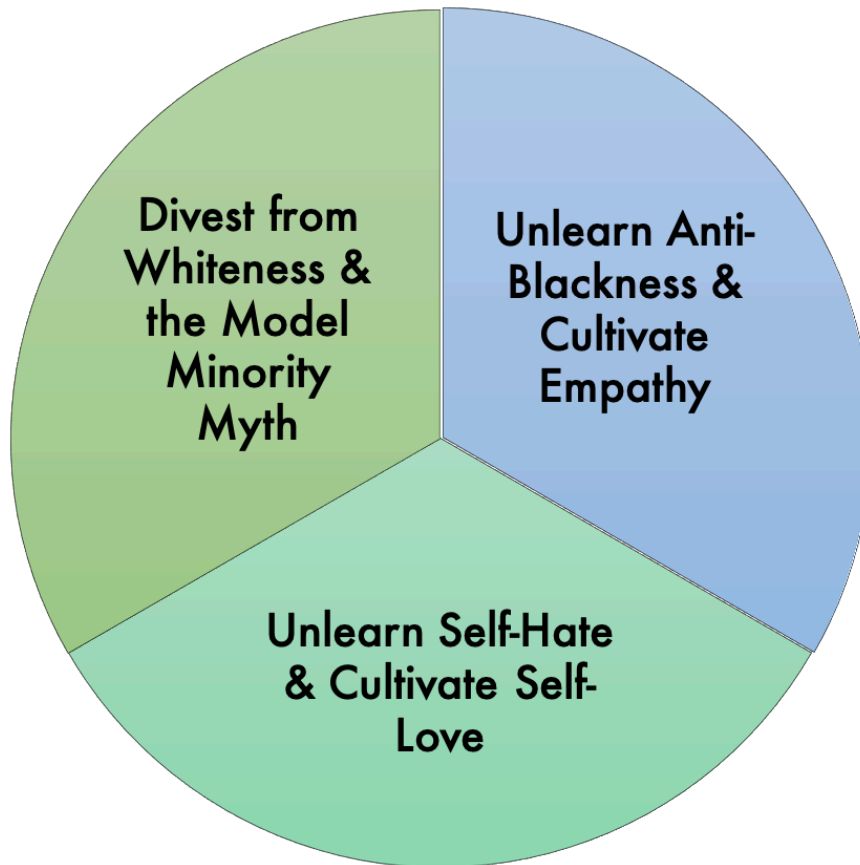


ANTI-RACISM FOR ASIAN AMERICANS



- **Anti-Racism begins with changing your relationship with the system of White Supremacy.**
- **The path for Asian Americans requires a three-pronged approach, and the three parts work in conjunction with each other.**
- **The goal is to dismantle the system of White Supremacy and build healing and wholeness for everyone.**
- **The path is different for POCs vs White people (oppressed vs. oppressor), but the goal is the same.**
- **All of this is an act of love.**

I. Divest from Whiteness & the Model Minority Myth

- In what ways am I still trying to emulate White sensibilities/wish I was White?
- How do my habits and preferences put Whiteness on a pedestal?
- How might I need to change my spending habits to stop investing in White Supremacy and align my money/resources with my intentions?
- In what ways have I based my value on my proximity to Whiteness?
- In what ways do I look to White people for validation of my worth?
- In what ways do I look to White leaders as authorities on how I should exist?
- In what ways have I been tokenized by Whiteness in order to support its own survival?
- In what ways have I felt exploited by Whiteness for my abilities?
- How have I been harmed by Whiteness?
- How can I use my imagination to envision a different way to be Asian American other than emulating or being reactionary to the Model Minority Myth?

II. Unlearn Anti-Blackness & Cultivate Empathy

- In what ways am I racist against Black people?
- What stereotypes about Black people do I struggle with believing?
- How have I been socialized to feel unsafe around Black people?
- How do I process negative interactions I've had with Black people?
- How can I retrain myself to see Black people as whole human beings with dignity?
- What history can I learn to increase my empathy for Black Americans?
- Whose stories can I listen to and build compassion?
- In what ways do I wish I was more familiar with the Black experience & community?

- How can I support the Black community by donating money to organizations & purchasing from Black-owned businesses?
- How do I respectfully & thoughtfully walk alongside the Black community in solidarity?
- How do I make sure my desire to be in solidarity with the Black community is built on a mutual need for justice and not on a desire to center myself or to alleviate my own guilt?

III. Unlearn Self-Hate & Cultivate Self-Love

- In what ways am I still ashamed of my Asian identity?
- In what ways am I critical and competitive with myself & other Asians?
- In what ways have I been hurt by the Asian community?
- How have I been taught to hate or look down upon other groups within the Asian American diaspora?
- What history can I learn to anchor my understanding of where I am located in the racial context of the U.S.?
- Which Asian Americans, past and present, can I look to as inspirations for my growth?
- How can I love myself more?
- How can I love my Asian Americanness more?
- How can I celebrate what I love about being Asian American?
- How can I re-envision what it means to be Asian American and step into wholeness?
- How can I embrace Asian Americans who are different from me?
- How can I support the Asian American community?