

## HEART WORK

### Four Steps to Becoming Anti-racist and Building Intentional Relationships between White Women and Women of Color

**Step (1) Reflect.** Reflect on your past and current sins/behaviors. What is it about you/your heart/soul, re racism/White privilege, you know needs to change, that have caused you and others grief, shame, either omitted or committed? What is it about your race that needs to change? Look at past and present behavior. Write them down.

**Step (2) Repent.** To ask for forgiveness and then turn away from sin/destructive behaviors. Ask God, or to Whomever your higher power is, to forgive you for those sins/behaviors you wrote down in Step 1. Write a prayer/pledge/affirmation of forgiveness for each of them. Repeat your prayers/pledges/affirmations, at least daily.

**Step (3) Redeem.** To buy back. To recover. To restore. To fulfill a promise. Write a vision of your redeemed self-as an anti-racist, sincere friend of Black and Brown women. What old values/attitudes do you keep? What new ones do you add? Are you able to confess and apologize for your past racist and harmful privileged sins/behaviors, to your family and friends, to Black and Brown folk? Are you able to apologize to Black and Brown folk, for the sins of your ancestors, and of those living today, for their sins against us?

**Step (4) Reward.** Write down what you believe are the Rewards for moving through Steps 1-3, toward transforming your hearts, towards becoming anti-racist, and building sincere, intentional and **loving** relationships between White women and women of Color.

*Some of these steps are meant to do alone. Others may reap more benefits/rewards, with an accountability partner and/or safe group.*

Death Throes of Patriarchy: Becoming Anti-racist. The critical need for Intentional Relationships between White Women and Women of Color.

*Handout: HEART WORK Four Steps to Becoming Anti-racist and Building Intentional Relationships between White Women and Women of Color*

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