

7 QUESTIONS: The Question of You

- 1) What historic and/or personal traumas am I carrying and/or find myself passing on to my child/children or other Black Women/ Women of Color in my life?
- 2) In addition to therapy, what nurturing practices can I engage in to interrupt the passing on of historic and/or personal trauma to my child/children or other Black Women/ Women of Color in my life?
- 3) How or in what ways can I understand, value and embrace my anger, while harnessing that angry energy towards constructive work?
- 4) How will I disrupt and dismantle internalized white supremacist notions in myself and in those I care about, with a focus on addressing misogynoir in the Men of Color I love in my life?
- 5) What are some of the cultural scripts I need to revise and act out differently that better fit with the Love and Liberation I crave to embody for myself, my child/children, and my work?
- 6) How will I go about developing boundaries that are compassion-centered vs. boundaries rooted from a “This is what you’re not gonna do” stance, which is born from a place of self-preservation stemming from fear of a loss of self?
- 7) How will I utilize the collective wisdom, imagination, power and spirituality of my ancestors to focus my gaze and actions towards what Robin D.G. Kelley writes about in Freedom Dreams into my home, work, community, and in the world (both the external and my internal world)?