



# Decolonize Your Mind

It can get tricky at that point:

Some people punish themselves when they've caused harm. Some people avoid ever admitting harm they've caused out of fear of being punished. The effect is that many will avoid acknowledging honestly their part in the harm they've caused and working to heal it on the terms of the people Harmed. It is especia-

## Being in That from infancy convinces us we've set it up.

But it's just how society is organized our society around care, justice and healing the traumas of the last 500 years instead of enriching 99% of people.

There are things to continueously reflect on, they aren't a list of things to say "good thing that's not me" about. We are all soaked in the culture from our most intimate personal experiences to the largest scale social structures. Ours are your got stuff to unlearn.

Journaling is a good practice - So is meditation & mindfulness learning to experience, it's part of process and resolve you go through

Be gentle as you're pack all of this, you're at the start and there is much to unlearn

If you start by replacing punishment with curiosity and self-care, it makes all the rest of the learning and growing much less exhausting. This is not work you can do by trying to shame & punish yourself better.

Really, nothing is.

reinforcing social norms rather than teaching valuable life skills

\* People get rewarded for being easily controlled and punished for resisting how these systems make us easy to exploit

\* They use racism, sexism, transphobia, ableism to further divide us and rank us against each other

\* The dehumanization of these hierarchies, make it really easy for the powerful to justify & profit from killing the most vulnerable

power. It is the root of all sorts of problems

you understand where it came from & can do differently in the future!)

isolate them, and convince them their place is from a personal flaw.

This work is deeply personal, scary and joyous. It is the practice of unlearning the internalized white supremacy, ableism, sexism, classism, racism, violence, and we're just getting started. Thanks for reading! 14

## What's the Issue

As you start to gain better awareness of how you move through the world, you'll start to put together how the giant social systems are set up to harm you & the people you love. You'll also notice the ways you have added to that harm. This is a realization to sit with, to reflect on so you understand where it came from & can do differently in the future! ☺

- \* Most peoples livings and the companies they interact with every day are tied in one way or another to the violence **But it's a lie that things must be this way:** This is just the setup most of us have lived in our whole lives. One designed to dehumanize people, isolate them, and convince them their place is from a personal flaw.

## The already mega rich

- The ways that shame, anger, fear, disgust, jealousy show up in us and how we respond or react to them
- How we cause harm with those learned behaviors

that's just a sliver of  
the large scale, the  
Really Insidious Part.  
They've got most of us  
convinced that this is  
normal.  
They do it a bunch of  
ways:  
\* Leaving out huge, horrifying  
parts of the history of empire