

IMPLEMENTATION EXERCISE

RACE IN MY LIFE

Time required: 45 minutes

Materials required: For each participant, Courageous Conversation Journal and the worksheet that follows

Introduce the First Condition of Courageous Conversation:

Establish a racial context that is personal, local, and immediate.

Ask participants why it is important first to address race personally and individually before trying to understand it at a group or societal level.

1. Provide each individual with a copy of the worksheet and have them answer the prompt:

- How much is my life impacted by race?

Have them consider the degree, from 0% to 100%, to which race impacts their life and write that figure in the box.

2. Divide the participants into small groups of four or five people, mixing races if possible. Have the small groups share their percentages with each other and consider the following prompts:

- What are our highest and lowest percentages?
- What are the reasons for discrepancies or similarities in our percentages?

3. Explain to the entire group that this percentage is our racial consciousness. Refer to the Racial Consciousness Flow Chart (Figure 5.1) and discuss how this percentage identifies what “I know I know.” The difference between our racial consciousness percentage and 100% is our racial unconsciousness, or what it is that “I don’t know I don’t know” in terms of how race impacts us.

4. Reiterate to the group that this first of the Six Conditions of Courageous Conversation deals with race personally, locally, and immediately, and have each participant complete the rest of the handout by addressing the following:

- How my race impacts my life emotionally
- How my race impacts my life relationally

- How my race impacts my life intellectually
- How my race impacts my life morally

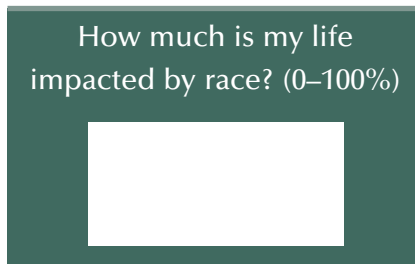
Remind participants that they need to address how *their own race* impacts their own lives—*not the race of others*. Have each person in the small groups choose one of these prompts to share with the others in their group.

5. Bring everyone back together and pose the following question for an open discussion:
 - How does my own race impact me personally, locally, and immediately?
6. Have everyone keep the worksheet in their Courageous Conversation Journal.

FIRST CONDITION OF COURAGEOUS CONVERSATION

Establish a racial context that is personal, local, and immediate.

How much is my life impacted by race? (0–100%)



My race impacts my life in these ways:

- Emotionally:
- Relationally:
- Intellectually:
- Morally: