



**EMPATHY OVER EGO:
DECENTERING
TECHNIQUES FOR
MEANINGFUL
DISCUSSIONS ON
DISCRIMINATION**

Decentering oneself in conversations about racism, sexism, or bigotry is crucial for creating a constructive dialogue and fostering understanding. This process involves shifting the focus away from personal feelings and experiences to better understand and address the broader issues at hand. Here are some strategies for decentering oneself in such conversations.

1

Listen Actively and Empathetically

Understand Different Perspectives: Recognize that experiences of discrimination are personal and varied. Actively listening without interrupting or dismissing others' experiences is key.

2

Acknowledge Privilege

Recognize Unearned Advantages: Understanding one's own privilege in a societal context can help in realizing how it shapes perceptions and interactions.

3

Educate Yourself

Continuous Learning: Stay informed about issues of racism, sexism, and bigotry. This involves seeking information from credible sources and marginalized voices.

4

Try To Avoid Centering Your Own Feelings

Focus on the Issue, Not Personal Discomfort: It's important to not let personal feelings of guilt or defensiveness overshadow the conversation.





5

Use Privilege to Advocate

Be an Ally: Use your position to advocate for change and support those affected by bigotry.

6

Reflect on Biases and Prejudices

Self-Examination: Regularly reflect on personal biases and prejudices and how they might affect interactions and perceptions.

7

Engage in Difficult Conversations

Courageous Dialogue: Be willing to engage in uncomfortable discussions about race, gender, and bigotry.

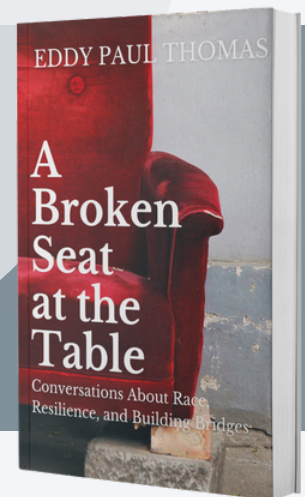
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Amplify Marginalized Voices

Elevate Others: Focus on amplifying the voices of those who are directly affected by racism, sexism, and bigotry.

Decentering oneself in conversations about racism, sexism, and bigotry is a continuous and evolving process. It involves listening, learning, reflecting, and using one's position to advocate for change. By focusing on these strategies, individuals can contribute to more meaningful and effective conversations about these critical issues.

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