

Growth Through Reflection: Microaggression Experience

Reflect on offensive and/or invalidating behaviors (microaggressions) you've experienced related to your identity as a woman.

- Having others speak over you or restate your ideas without giving you credit
- How you were addressed (being referred to as a *girl* instead of a woman)
- Being automatically assigned a task based on your sex (note taking for the group)

<p>Write about a microaggression you have experienced in the past year.</p>	<p>What happened?</p> <p>How did you respond?</p> <p>Who was present at the time?</p>
<p>Describe your thoughts about the event.</p>	<p>Then:</p> <p>Now:</p>
<p>Describe your feelings about the event.</p>	<p>Then:</p> <p>Now:</p>
<p>If the event had not happened to you, but you were a witness...</p>	<p>What would you have done at that time?</p> <p>What aspects of the culture in that setting could be a barrier to speaking up?</p>
<p>If you went back in time to that event, what might you do...</p>	<p>The same?</p> <p>Differently?</p> <p>What encouragement would you give to yourself?</p>
<p>What will you commit to do when faced with a microaggression in the future?</p>	<p>For others?</p> <p>For yourself?</p>