
**How
Can I
Respond?**

Think about...

someone directing a microaggression at me.

How does it make me feel? Do I respond immediately, or wait? What are the challenges with responding or waiting?

What do I say? What could happen if I say something?

's PLAN

Spend 5 minutes to create a plan to apply the course concepts

WHO

DATE

WHAT

HOW

3

YOUR PLAN

What's the comment? How does it make you feel? When might you respond and why? Use the four Ds and create a plan to have a conversation. What would you say?

4

TRY IT

Practice the conversation out loud or with a friend. Practicing hard conversations can help you have them. Imagine how the conversation might unfold.

TRYING YOUR PLAN

Spend 5 minutes at work putting your plan into action

NOTES

's REFLECTIONS

Spend 5 minutes to reflect on how your plan went

5

SPEAKER TIPS

WHAT HAPPENED

WHAT WORKED WELL

IDEAS FOR IMPROVEMENT

How did the conversation go? What was easier or harder than you anticipated? What might you change next time?

Don't forget the importance of self-care. What resources can help you?