What About Me?

Let’s assume that I have unintentionally committed microaggressions.

What have I said, or what could I imagine myself saying?

How would I talk about it?
Imagine that earlier today, you unintentionally committed a microaggression when interacting with a colleague and now realize it. What will you do or say? Plan/script out a practice conversation, that you’ll speak out loud to yourself, or have with a friend.
TRYING YOUR PLAN

Spend 5 minutes at work putting your plan into action

NOTES

TRY IT

Acknowledging your microaggression and its impact could be tough. Think about the harm these statements can do. What kind of a colleague do you want to be? Find a friend at work you can practice with, or practice on your own somewhere at your workplace.
<table>
<thead>
<tr>
<th>’s REFLECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WHAT HAPPENED</strong></td>
</tr>
<tr>
<td><strong>WHAT WORKED WELL</strong></td>
</tr>
<tr>
<td><strong>IDEAS FOR IMPROVEMENT</strong></td>
</tr>
</tbody>
</table>

Spend 5 minutes to reflect on how your plan went.

**SPEAKER TIPS**

How did it go? What was harder to say? What was easier? How could you improve? Would practicing again help? Talking with a friend?