

Engaging With & Dismantling Hate: A Toolkit for White Folks

Inspired by, “Surviving and Resisting Hate: A Toolkit for People of Color” By Dr. Hector Y. Adames and Dr. Nayeli Y. Chavez-Dueñas of #ICRaceLab

Using the “Toolkit for People of Color” as a guide, this list is written by a white person for other white people. It is meant to encourage white folks to engage in processes of reflection and action that are appropriate for us.

1. Stay physically, psychologically, emotionally and spiritually healthy, and use your health to support yourself and others in engaging in the work of dismantling white supremacy, including: ongoing self-reflection, fomenting and sustaining relationships of accountability and radical honesty, and building a lifestyle rooted in collective practice of resistance.
2. Build loving community with those who call your forth to your highest and most courageous self, who call you in to deeper and more authentic relationship. Take action with them to develop praxis of anti-racism - a conscious and consistent way of living and engaging that is about uncovering the pervasive and toxic nature of white supremacy culture, and working to eradicate it. This includes learning to be graceful and compassionate in the face of feedback.
3. Develop a practice of deep listening – to all parts of yourself and especially to the voices and experiences of others who are targeted by white supremacy and other systems of domination. Discern the difference between the personal and collective – learn tools of self-regulation which will allow you to not shut down, not jump to defend yourself, nor distance yourself from “bad white people” / work to prove yourself as a “good white person.” Rather keep your ears, heart, and mind open to the stories, critiques and lived experiences of others; do what you can to receive those reflections as the incredible gifts and revelations that they are.
4. Challenge the ubiquity and commodification of “self-care” culture, and instead work to cultivate “community-care.” While caring for yourself is essential no matter what, examine the ways that you have been taught to value your own time, energy, wellness and resources above others’ and see how you can shift your metrics of care to include and center practices which will provide nourishment, cushion, support, and care to the many.
5. Engage in an honest assessment of your spheres of influence – what people, organizations, institutions, communities, spaces do you inhabit that you have the possibility of helping change? Build shared analysis with others in those spaces, and work to shift the culture and dynamics of power within them to center values of social justice and collective liberation.
6. Work actively to understand the toll that white supremacy, and all systems of domination take in *your life*. Engage personally and intimately with the ways that these systems damage your own health, your mind/body/spirit, in order to understand that engaging in the work of dismantling these systems is as much about *your salvation* as it is about anyone/everyone else’s.
7. Listen to and validate the experiences of other white people with different backgrounds. Understand what has shaped your own story, and be curious about what has shaped theirs. Pay special attention to the roles that classism, ableism, and patriarchy may have had in shaping those different experiences. Look for common ground and common cause. Work to deepen understanding, broaden shared analysis, and expand collective practice.
8. The burden of dismantling white supremacy is not yours alone to bear, but you do have some responsibility in the work. **You have some role to play.** Do what you need in order to develop resilience and stamina for this work, while understanding that it is the illusions of capitalism, white supremacy, and patriarchy which tells you that you alone have sole responsibility, that you should do it all / do it yourself / do it right now. Cultivate patient urgency.
9. Learn to discern what is “the next right move” *for you* in your work of undoing all forms of oppression – internalized, interpersonal, institutional, and ideological. Engage in ongoing reflection to understand where you are in your journey, what resources you have supporting you, and what is the appropriate way to engage given your spheres of influence, capacity, and social location. Look to the stories and examples of white elders and ancestors who have been teaching us how to do this work for decades; take refuge in their example.
10. Take heart in the belief that all humans are inherently important and worthy of dignity, respect, life, and love. Acknowledge that you have been taught throughout your life that you are more important and valuable than People of Color. Actively practice self-validation, and understand that the dismantling of white supremacy does not threaten or undermine your value as an individual, or a member of society or the human family. You will still be an important and irreplaceable part of this world even when white supremacy is abolished. In fact, you will have access to even greater freedom and wholeness when your place in this world is no longer dependent on the violent subjugation of others.

By Patty Adams, LiberationHealingArts.com, using the work of @NYChavez and @HYAdames as example.