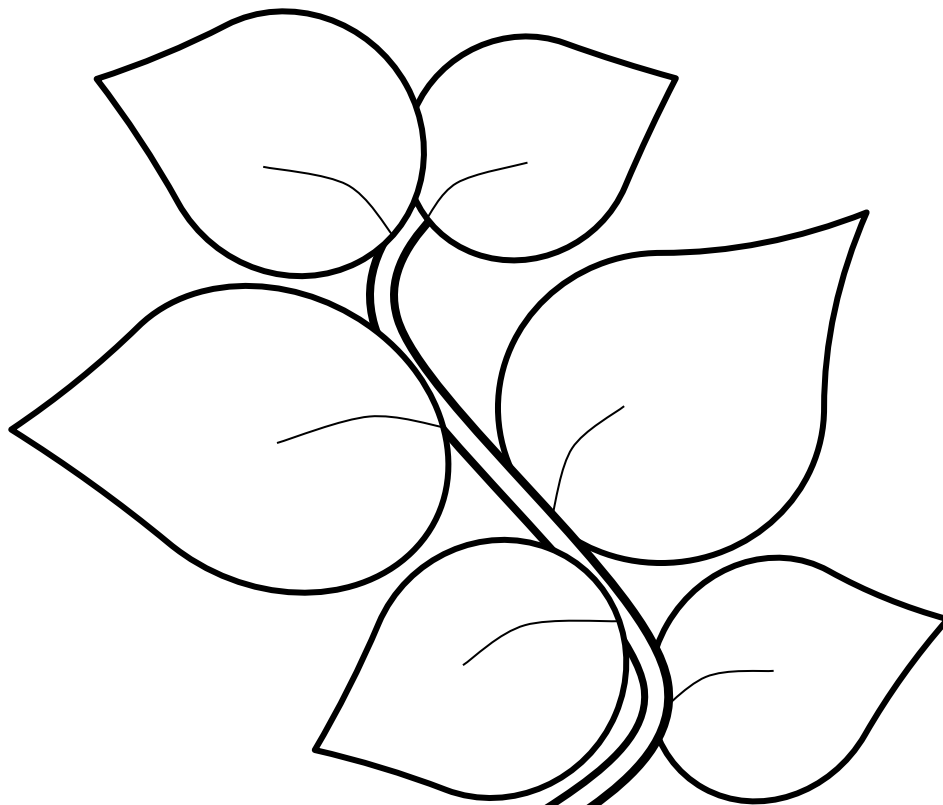


THE ROOT & SYMPTOMS OF RACISM & RACIAL TRAUMA

Deeply embedded into the soil of ourselves, our families, and our society is unresolved trauma. Trauma has a direct connection to the history of racism and how it manifests in our minds, bodies, and the world. By mapping the root of trauma in our life and our family's lives, we can begin to see how our responses and those of others have contributed to the perpetuation of racism. Using this worksheet, you are invited to map the origins of trauma in your life, including historical and intergenerational trauma. In and around the roots and stem use words, drawings, and colors to represent the traumatic events and experiences that you and your family/ancestors experienced. Next, create in and around the leaves to represent the responses and symptoms that sprouted from these experiences. There is no right or wrong way to create. When you're done, you can refer back to your creation to ground yourself in the understanding of the root causes of racial trauma as we work to weed it out of ourselves, our families, and society as a whole.

RESPONSES / SYMPTOMS



TRAUMA

