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for

*Empower Yourself Against Racial and
Cultural Stress*

by Ryan C.T. DeLapp



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My Workbook Navigators

Name	Relationship to you	Why you chose them as navigators

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My Racial/Ethnic Identity

American Indian, Native American, or Alaska Native

If selected, specify tribe:

- Navajo Nation
- Blackfeet Tribe
- Mayan
- Aztec
- Native Village of Barrow Inupiat Traditional Government
- Tlingit
- Unsure
- Other:

Asian

If selected, are you:

- Cambodian
- Chinese
- Filipino
- Indian
- Japanese
- Korean
- Pakistani
- Thai
- Vietnamese
- Unsure
- Other Asian not listed (please describe):

Black or African American

If selected, are you:

- African American
- Ethiopian
- Ghanaian
- Haitian
- Jamaican
- Nigerian
- Somali
- South African
- Kenyan
- Ugandan
- Unsure
- Other Black not listed (please describe):

Hispanic, Latino/a/x, or Spanish origin

If selected, are you:

- Colombian
- Cuban
- Dominican
- Ecuadorian
- Guatemalan
- Mexican, Mexican American, or Chicano
- Salvadoran
- Puerto Rican
- Honduran
- Venezuelan
- Unsure
- Other Hispanic, Latino/a/x, or Spanish origin not listed (please describe):

Middle Eastern or North African

If selected, are you:

- Egyptian
- Iranian
- Iraqi
- Israeli
- Lebanese
- Moroccan
- Syrian
- Unsure
- Other Middle Eastern or North African not listed:

Native Hawaiian or Other Pacific Islander

If selected, are you:

- Native Hawaiian
- Chamorro
- Samoan
- Tongan
- Fijian
- Marshallese
- Unsure
- Other Pacific Islander not listed (please describe):

White, European American, or Caucasian

If selected, are you:

- English
- French
- German
- Irish
- Italian
- Polish
- Scottish
- Unsure
- Other White not listed (please describe):

Something not named in list provided

Please describe below:

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My Intersecting Identities

Age and generational influences

If selected, are you:

- Child
- Preteen
- Adolescent
- Emerging adult
- Middle aged
- Older adult
- Other age or generational category not listed:

Developmental or other disability

If selected, are you:

- Cognitive
- Intellectual
- Sensory
- Physical
- Learning
- Mental health
- Other disability not listed (please describe):

Religion and spirituality

If selected, are you:

- Buddhist
- Christian
- Hindu
- Jewish
- Muslim
- Spiritual (not religious)
- Unsure
- Other religion or spirituality not listed (please describe):

Socioeconomic status

If selected, are you:

- Upper
- Middle
- Lower
- Unsure
- Other—I define my socioeconomic status as:

Sexual orientation

If selected, are you:

- Asexual
- Bisexual
- Gay
- Heterosexual
- Lesbian
- Pansexual
- Queer
- Other sexual orientation not listed:

National origin

If selected, are you:

- U.S.-born
- Immigrant
- Refugee
- International student
- Other national origin not listed (please describe):

Gender

If selected, are you:

- Agender
- Female
- Male
- Nonbinary
- Transgender female
- Transgender male
- Unsure
- Gender not listed (please describe):

Something not named in list provided

Please describe below:

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Who Am I?

Fill out each box below with information collected in Chapter 1.

I am...

I like to do...

Who Am I?

I can do...

I care about...

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My Strengths

Abilities I currently use: Circle (or check off) the abilities and traits that you feel like you are able to use in your daily life to achieve important goals.

Abilities I want to develop: Place a star/asterisk (or highlight) beside the abilities and traits that you hope to grow to rely on them more frequently in daily life.

- | | | | |
|---|--|---|---|
| <input type="checkbox"/> Telling jokes | <input type="checkbox"/> Dependable | <input type="checkbox"/> Building relationships | <input type="checkbox"/> Knowledge of cultural traditions |
| <input type="checkbox"/> Drawing | <input type="checkbox"/> Setting boundaries | <input type="checkbox"/> Effective communication | <input type="checkbox"/> Flexible thinker |
| <input type="checkbox"/> Writing | <input type="checkbox"/> Good with money | <input type="checkbox"/> Reading music | <input type="checkbox"/> Self-pride |
| <input type="checkbox"/> Running | <input type="checkbox"/> Organization | <input type="checkbox"/> Storytelling | <input type="checkbox"/> Fashionable |
| <input type="checkbox"/> Balance/coordination | <input type="checkbox"/> Charming | <input type="checkbox"/> Video gaming | <input type="checkbox"/> Energetic |
| <input type="checkbox"/> Easy-going | <input type="checkbox"/> Independent | <input type="checkbox"/> Visual arts | <input type="checkbox"/> Cares about environment |
| <input type="checkbox"/> Speak more than one language | <input type="checkbox"/> Ambitious (“go getter”) | <input type="checkbox"/> Soothing my emotions | <input type="checkbox"/> Debating |
| <input type="checkbox"/> Dancing | <input type="checkbox"/> Teacher | <input type="checkbox"/> Listening | <input type="checkbox"/> Trustworthy |
| <input type="checkbox"/> Curious | <input type="checkbox"/> Patience | <input type="checkbox"/> Helping others soothe their emotions | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Reading | <input type="checkbox"/> Leader | <input type="checkbox"/> Being vulnerable | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Caring | <input type="checkbox"/> Nurturing | <input type="checkbox"/> Prayer | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Critical thinker | <input type="checkbox"/> Public speaking | <input type="checkbox"/> Goal-oriented | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Friendly | <input type="checkbox"/> Creative | <input type="checkbox"/> Hard working | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Seeking support | <input type="checkbox"/> Performing music | <input type="checkbox"/> Being responsible | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Kind | <input type="checkbox"/> Entrepreneur | <input type="checkbox"/> Mindfulness | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Problem solver | <input type="checkbox"/> Resilience | <input type="checkbox"/> Strategic | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Math | <input type="checkbox"/> Trend setter | <input type="checkbox"/> Multi-tasking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Giving | <input type="checkbox"/> Advocacy | | |
| <input type="checkbox"/> Community builder | <input type="checkbox"/> Historian | | |

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My Interests

1. My relaxing activities: List any activities you currently do to relax and recharge.

2. My fun activities: List any activities you currently do to have fun either when alone or with those closest to you.

3. My activities that make me feel accomplished: List any activities you currently do that help you feel accomplished or proud.

4. Activities I'd like to do: List any interests you have that you would like to spend more time doing.

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Parts of My Life I Value Most

My family relationships

My friendships

My romantic relationships

My peer/colleague relationships

My emotional well-being

My physical well-being

My spiritual well-being

My community's well-being

My job/career
(current or future)

My education

My hobbies/fun activities

My personal growth

Other (insert any areas of life that you also care about):

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My Relationship and Community Map



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My Relationship Stressors

"I don't think those people are that smart."

"This is America. We speak English here."

"You are so exotic looking. What are you?"

"You should go back to where you came from."

"Your hair does not look professional."

"Are you really sure that you can get into that school?"

"Immigrants ruined the economy."

"You are so articulate. I didn't expect that from you."

"You can't sit here."

"Aren't you supposed to be good at sports?"

"Lighter skin is just prettier to me. Is that wrong of me to say?"

Store clerk follows you around the store.

"Stop acting so White."

You are told, "You have to toughen up" after experiencing a culturally stressful event.

"People like us can't make mistakes. You have to be perfect."

"I hear an accent ... Where are your people from?"

"You are not honoring or respecting us."

"Why do you wear that?"

"How did someone like you get such a job?"

"Are you sure they weren't just joking," after reporting an incident of cultural stress.

Add your example:

Add your example:

Add your example:

Add your example:

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My Community Stressors

Noticing laws or policies are not equally and fairly enforced for people who look like you

"I am qualified, but I didn't get an interview."

Not having translation services available when needed

"I worked so hard and I don't understand why I wasn't picked."

Feeling as if you (and your family) do not have the financial resources you want or need

Walking into spaces and not seeing anyone who looks like you

Difficulty accessing educational supports needed

Feeling unsafe walking through your neighborhood

Not having access to teachers/mentors that share your racial/cultural background

"No matter how hard I try, others keep getting selected and I don't."

"I don't get the luxury to forget that I am a person of color ... I am reminded everywhere I go."

"My cultural experiences are not represented in the books I have to read."

Lacking opportunities to engage in your cultural traditions or practices

Noticing that your school doesn't have the resources you need to achieve your academic goals

Not having people stand up for you or against cultural stress

Unable to find health providers that share your racial/cultural background

Lacking opportunities to pursue the goals you have for yourself

Add your example:

Add your example:

Add your example:

Add your example:

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Cultural Stress Impact Questionnaire

1. **List culturally stressful events.** Looking back at your Relationship and Community Map (page 33), list below any past, present, or anticipated culturally stressful events that you've experienced (or may experience) while interacting with the people and community spaces on your map.

Culturally Stressful Events in My Relationships and Community

2. **Assess the emotional stress impact.** We can feel various strong and hurtful emotions when we've been judged, mistreated, or denied an opportunity because of some part of our identity. Unfortunately, it can be hard to recognize these emotions at the time or know what to do when feeling them. Below, please describe any signs of *emotional stress* you've experienced in response to the culturally stressful events you listed in step 1.

My Emotional Stress in Response to Culturally Stressful Events

<p>What types of emotions have you felt in response to the culturally stressful events you listed above?</p> <p><i>Examples can include anxiety, fear, anger, rage, sadness, depression, numbness, confusion.</i></p>	
<p>Have you ever felt <i>unable to name or describe your emotions</i> in response to these events?</p>	<p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p> <p><input type="radio"/> Not sure</p>
<p>Have you ever <i>become critical or judgmental of your emotions</i> after experiencing these events?</p>	<p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p> <p><input type="radio"/> Not sure</p>
<p>Have you ever <i>felt unsure of how to cope</i> with your emotions in response to these events?</p>	<p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p> <p><input type="radio"/> Not sure</p>
<p>Are there any other ways that a culturally stressful event has impacted you emotionally?</p>	<p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p> <p><input type="radio"/> Not sure</p>
<p>If yes, please describe:</p>	

(continued)

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Cultural Stress Impact Questionnaire *(page 2 of 2)*

3. Assess the agency stress impact. Feeling a lack of agency or control when faced with culturally stressful events can take shape as feeling unsure what to say or do to endure, stop, or limit exposure to these experiences. Below, please describe any signs of *agency stress* you have experienced in response to the culturally stressful events you listed.

My Agency Stress in Response to Culturally Stressful Events in My Relationships and Community

Have you ever felt unsure how to confront or address a <i>person (or group of people)</i> who you felt was mistreating, judging, or denying you an opportunity due to your race or cultural background?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Not sure
Have you ever wanted to change or improve a <i>community space</i> that felt unsupportive, unsafe, or unfair, but felt unsure how to do so?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Not sure
Are there any other ways that a culturally stressful event has impacted your sense of agency and control?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Not sure
If yes, please describe:	

4. Assess the identity stress impact. Feeling stress about who you are involves struggling to experience self-love, self-confidence, and overall cultural pride due to culturally stressful events. Below, please describe any signs of *identity stress* you've experienced in response to the culturally stressful events you listed.

My Identity Stress in Response to Culturally Stressful Events in My Relationships and Community

Have you ever had moments when you struggled to feel positive about any part of your racial and cultural background?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Not sure
Have you ever wanted to learn more about your racial and cultural background, but felt unsure how to go about exploring this part of yourself?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Not sure
Have you ever struggled to confidently express parts of your racial and cultural background within any relationships or community spaces?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Not sure
Are there any other ways that a culturally stressful event has impacted your thoughts and feelings about your racial and cultural background?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Not sure
If yes, please describe:	

HOW HAVE I BEEN IMPACTED BY CULTURAL STRESS?

My Goals for This Workbook

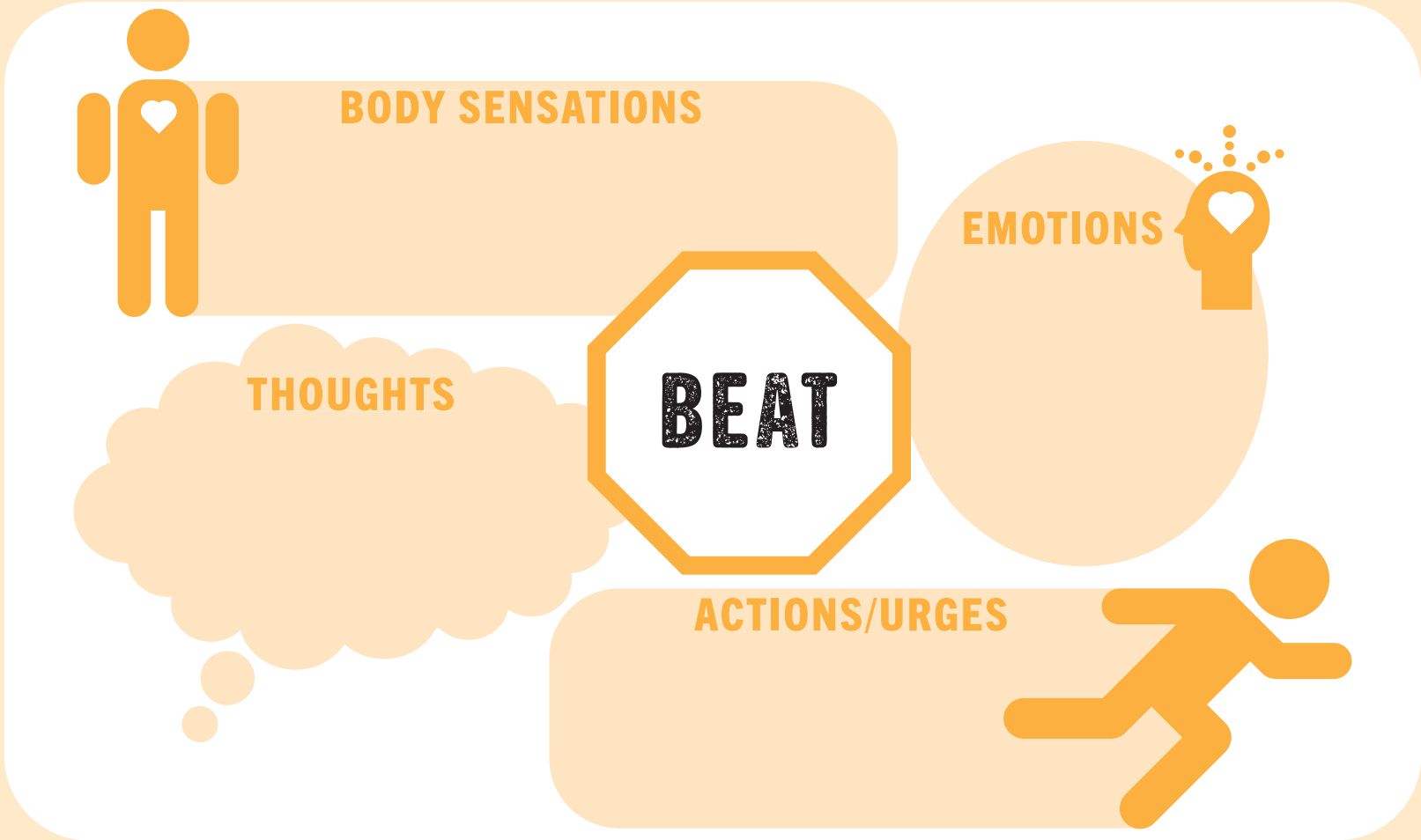
1. Check the cultural stress impacts you have had the greatest difficulty knowing how to manage or cope with.

- Emotional stress
- Agency stress
- Identity stress

2. How do you hope this workbook will help improve your overall ability to cope with the cultural stress impacts you checked above?

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My BEAT



Identifying My Emotional Stress

1. Describe the culturally stressful situation.

Where are you?	
Who was present?	
Describe the relationship or community stressor	

2. Use the BEAT diagram to label your physical sensations, emotions, thoughts, and actions/urges.



3. Describe the impact of the culturally stressful event. When looking at your BEAT diagram, do you notice your reactions falling in any of the zones below?

"I am in the freeze zone."	<input type="radio"/> Yes <input type="radio"/> No
"I am in the fight-or-flight zone."	<input type="radio"/> Yes <input type="radio"/> No
"I don't know what zone I'm in."	<input type="radio"/> Yes <input type="radio"/> No

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My Experiences in Emotional Stress Zones

	DESCRIBE SITUATION	DESCRIBE YOUR BEAT
FREEZE		
FIGHT OR FLIGHT		
SAFE AND SECURE		

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My Critical Self-Judgments about My Physical Sensations and Emotions

TYPES OF SELF-JUDGMENT	DESCRIPTION	MY SELF-JUDGMENTS
Critical labeling	<p>Using labels to criticize or negatively judge yourself for having your emotional reactions to a culturally stressful event</p> <p><i>(Hint: You may be experiencing this self-judgment if you use “I am” thinking.)</i></p>	
Self-blame	<p>Feeling as if your uncomfortable emotions suggest that you have done something wrong or that you need to do something better</p> <p><i>(Hint: You may be experiencing this self-judgment if your thoughts are focusing more on yourself and what you did or did not do.)</i></p>	
Oversimplified coping	<p>Assuming you should be able to quickly get over, forget about, or stop the emotional stress you are feeling</p> <p><i>(Hint: You may be experiencing this self-judgment if you are using “should” thinking.)</i></p>	
Other	<p>List any other self-judgments you might have toward your emotions in this moment:</p>	

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What Are My Emotions Telling Me?

MY EMOTIONS	WHAT TO THINK ABOUT	MY RESPONSE
"I feel anxious."	Is my anxiety alerting me to feeling unsafe, threatened, or concerned about a possible outcome?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Maybe
"I feel sad."	Is my sadness alerting me to feeling a lack of connection, belonging, purpose, or hope, or that I am struggling to cope with a loss?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Maybe
"I feel angry."	Is my anger alerting me to feeling disrespected, unheard, not seen, unsupported, victimized, or violated?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Maybe
"I feel guilt."	Is my guilt alerting me to something that I did wrong or that negatively impacted someone else?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Maybe
"I feel shame."	Is my shame or embarrassment alerting me to feeling as if I have done something that will cause me to be judged negatively or deny me the ability to be loved by or connected with others?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Maybe
"I feel loved."	Is my love alerting me to feeling connected, taken care of, appreciated, affirmed, or supported?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Maybe
"I feel content."	Is my contentment alerting me to feeling most of my important needs and/or wants are met?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Maybe
"I feel proud."	Is my pride alerting me to feeling thankful for how my decisions, my accomplishments, or my social interactions aligned with the things I care about most in life?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Maybe
"I feel joy."	Is my joy alerting me to feeling a sense of lightness, hope for my future, acceptance of myself, and love for myself?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Maybe
Other emotion: "I feel _____."	Is this emotion alerting me to anything important about how I am impacted by my surroundings?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Maybe

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My Compassionate Response to My Emotions

State your emotions

In this moment, I notice that I feel (describe your BEAT reaction below):

Acknowledge any self-judgments

In this moment, I recognize that I am feeling critical of the emotions I am experiencing in these ways:

Compassionately respond to your emotions

Though I am tempted to be critical of my emotions right now, I can try to be kind and understanding toward my emotions by saying/doing:

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How Have I Been Coping with Emotional Stress?

Empowered responding

Did you notice any strong action urges (like avoiding a situation, giving up, lashing out) that may have not been helpful for you to engage in?

- Yes
- No
- Not sure

If “yes,” were you able to resist any initial urges that you felt were unhelpful and instead engage in more helpful responses?

- Yes
- No
- Not sure

Soothing efforts

Were you able to use any coping skills or find any activities to soothe your uncomfortable bodily sensations and emotions?

- Yes
- No
- Not sure

Filling wellness buckets

While you waited for your uncomfortable body sensations and emotions to calm, were you able to keep healthy routines and continue taking care of your daily responsibilities as you healed from the culturally stressful event?

- Yes
- No
- Not sure

Are there any additional ways that you try to cope with emotional stress that you have not already described?

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Emotions and Common Action Urges

EMOTION	EXAMPLES OF ACTION URGE(S)	MY ACTION URGE(S)
"I feel anxious."	Wanting to leave or not enter a situation; wanting to get more information about a situation	
"I feel sad."	Wanting to separate from others; wanting to be alone; wanting to stop doing what is enjoyable	
"I feel angry."	Wanting to physically or verbally attack someone or something	
"I feel guilt."	Wanting to hide, confess, apologize, or fix a situation	
"I feel shame."	Wanting to hide, become invisible, or avoid attention	
"I feel hopeless."	Wanting to give up; not wanting to take any action; wanting to minimize effort or energy	
"I feel content."	Wanting to remain consistent with daily activities	
"I feel _____."		
"I feel _____."		

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Brainstorming Alternate Responses

EMOTION	EXAMPLES OF ALTERNATE ACTION URGE(S)	ALTERNATE ACTION(S) I MIGHT CONSIDER
"I feel anxious."	Entering and staying in a situation; not seeking additional information	
"I feel sad."	Seeking social support and connection; maintaining contact with trusted loved ones; investing time and energy in activities that have previously brought enjoyment	
"I feel angry."	Using an activity to calm down; not addressing the situation immediately; not quickly communicating anger until feeling more calm	
"I feel guilt."	Apologize in a meaningful way; change actions to show learning from mistakes	
"I feel shame."	Showcasing, sharing, or highlighting what was previously concealed or hidden	
"I feel hopeless."	Investing time into activities that remain important; taking action to improve circumstances	
"I feel content."	Choosing to stretch outside of comfort zone; trying something new or challenging	
"I feel _____."		
"I feel _____."		

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Evaluating My Responses When Emotionally Stressed

OPTION	WHAT IS MOST HELPFUL ABOUT THE RESPONSE	WHAT IS LEAST HELPFUL ABOUT THE RESPONSE
MY INITIAL ACTION URGE:		
AN ALTERNATE RESPONSE:		

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My Empowered Response Plan

The response I hope to practice in the moment is:

My hope is that this action will help me achieve these goals:

My hope is that this action will minimize these unwanted outcomes in the future:

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My Riding the Wave Expectations

WHAT TO THINK ABOUT	MY RESPONSE
<p>Riding the wave expectations</p> <p><i>What body sensations or emotions are you seeking relief from?</i></p>	
<p><i>Have you reminded yourself that your soothing efforts may not quickly or immediately get rid of your emotional stress?</i></p>	<p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p>

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My Toolkit of Soothing Efforts

WHAT TO THINK ABOUT	RESPONSE
<p>Body-focused coping</p> <p>What are the top three body-focused activities you could engage in to ride the wave of intense bodily sensations?</p>	<p>1.</p> <p>2.</p> <p>3.</p>
<p>Calming activities</p> <p>What are the top three calming activities you can engage in to soothe your mind and emotions?</p>	<p>1.</p> <p>2.</p> <p>3.</p>
<p>Seeking social support</p> <p>What are the top three signs that you might benefit from seeking emotional support from your support system?</p>	<p>1.</p> <p>2.</p> <p>3.</p>
<p>Other soothing efforts</p> <p>What other soothing efforts might be helpful for you to try when experiencing emotional stress?</p>	<p>1.</p> <p>2.</p> <p>3.</p>

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My Plan for Practicing Soothing Efforts

Instructions: List at least three soothing efforts you are willing to practice over the next week and then set specific goals for when you will practice each effort before deciding if this is a soothing effort you want to add to your empowered coping toolkit.

SOOTHING EFFORT	WHEN DO YOU WANT TO PRACTICE?
1.	
2.	
3.	

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Options for Filling Wellness Buckets

Physical wellness

- Prioritizing rest
- Maintaining good hygiene
- Keeping a consistent sleep routine
- Eating consistent/healthy meals
- Maintaining an exercise routine
- Seeking medical support when needed
- Taking medications as prescribed
- Not relying on unprescribed substances

- Other: _____
- Other: _____
- Other: _____

Social connection

- Initiating hangouts
- Accepting invitations to hangout
- Initiating texts/calls
- Responding to texts/calls
- Sharing emotions with loved ones
- Attending social events
- Spending time with family and friends
- Meeting new people

- Other: _____
- Other: _____
- Other: _____

Fun/enjoyment

- Spending time on hobbies
- Watching favorite show
- Completing art project
- Listening to music or a podcast
- Eating comfort foods
- Playing a game
- Dancing
- Reading a book or short story
- Going for a walk or bike ride
- Trying something new

- Other: _____
- Other: _____
- Other: _____

Accomplished/mastery

- Checking off something on your to-do list
- Completing a chore or assignment
- Learning about something new
- Practicing a skill
- Teaching someone else how to do something
- Helping or supporting someone else or your community
- Creating, designing, or building something
- Organizing your schedule
- Creating a plan for completing a future task

- Other: _____
- Other: _____
- Other: _____

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Which of My Wellness Buckets Need to Be Filled?

WHAT TO THINK ABOUT	MY RESPONSES
<p>Physical wellness</p> <p><i>Have you noticed yourself having any difficulty maintaining any physical or emotional health routines?</i></p>	<p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p> <p><input type="radio"/> Sometimes</p>
<p>Social connection</p> <p><i>Have you noticed yourself having any difficulty staying connected with family, friends, and others close to you?</i></p>	<p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p> <p><input type="radio"/> Sometimes</p>
<p>Fun and enjoyment</p> <p><i>Have you noticed yourself having any difficulty investing time and energy in activities that typically bring you enjoyment?</i></p>	<p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p> <p><input type="radio"/> Sometimes</p>
<p>Accomplishment and mastery</p> <p><i>Have you noticed yourself having any difficulty investing time and energy in completing tasks that typically make you feel proud and accomplished?</i></p>	<p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p> <p><input type="radio"/> Sometimes</p>

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My Wellness Buckets Activities and Tasks

PHYSICAL WELLNESS

1. _____
2. _____
3. _____
4. _____
5. _____

SOCIAL CONNECTION

1. _____
2. _____
3. _____
4. _____
5. _____

FUN/ENJOYMENT

1. _____
2. _____
3. _____
4. _____
5. _____

ACCOMPLISHED/MASTERY

1. _____
2. _____
3. _____
4. _____
5. _____

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My Wellness Plan

DAY	PHYSICAL WELLNESS	SOCIAL CONNECTION	FUN/ ENJOYMENT	ACCOMPLISHED/ MASTERY
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

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My Emotional Stress Coping

NOTICED EMOTIONAL STRESS	SELF-COMPASSION	EMPOWERED RESPONDING	SOOTHING EFFORTS	FILLING WELLNESS BUCKETS	OTHER EMOTIONAL STRESS COPING
Date:					
Date:					
Date:					
Date:					
Date:					
Date:					

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HOW TO BOOST YOUR SENSE OF AGENCY AND CONTROL

My Agency Thoughts

EXPLANATIONS FOR AGENCY THINKING	WHAT TO THINK ABOUT	REASONS "I CAN"	REASONS "I CAN'T"
PERSONAL ABILITIES	Do you feel like you have the skills, traits, or abilities to engage in an effective change effort in this situation?		
ACCESS TO SUPPORT	Do you feel like you have any support from the people around you to engage in an effective change effort in this situation?		
COSTS VERSUS BENEFITS	Do you feel like the benefits of engaging in a change effort would outweigh the costs of not trying to do so in this situation?		

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Noticing My Agency Stress

1. Describe the culturally stressful situation.

Where were you?	
Who was present?	
Describe the relationship or community stressor	

2. Using your BEAT diagram on the next page of this worksheet, record your reactions to the culturally stressful event.

- **Your urges:** any urges to engage in change efforts or avoidance when faced with this culturally stressful event
- **Your agency thoughts:** any “I can” or “I can’t” thoughts you’ve been experiencing; use the My Agency Thoughts worksheet on page 126 if you need support with this
- **Your bodily sensations and emotions:** any body sensations or emotions you’re experiencing in response to the culturally stressful event

3. Assess the impact of the culturally stressful event on you. When looking at your BEAT diagram, do you notice yourself having any of the following?

Mostly “I can’t” thoughts	<input type="radio"/> Yes	<input type="radio"/> No
Avoidance urges/efforts	<input type="radio"/> Yes	<input type="radio"/> No
Unsatisfactory change efforts	<input type="radio"/> Yes	<input type="radio"/> No

(continued)

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Noticing My Agency Stress (page 2 of 2)



Acknowledging My Reality

MY REALITY	WHAT TO THINK ABOUT
Acknowledge the relationship or community stressors	<p>For <i>relationship stressors</i>, describe the details of your social interaction that caused you to feel judged or treated differently because of your racial and cultural background.</p> <p>For <i>community stressors</i>, describe the details of the community space that caused you to feel unfairly denied an opportunity or unsupported because of your racial and cultural background.</p> <p>Have you ever been in a situation like this before? How might any newness of these stressors influence how you acted or responded?</p>
Acknowledge the emotional stress	How might the body sensations and emotions you felt in response to the culturally stressful event have impacted your ability to act or respond in the way that you wanted?
Acknowledge the coping challenges	<p>Are there any details of the culturally stressful event that impacted or hindered your ability to act in the way you might have wanted?</p> <p>How might other people similarly struggle to take action if faced with the same culturally stressful event?</p>
Acknowledge my change efforts	<p>Though it may be tempting to focus on what you didn't do, list any ways you still tried to influence change when dealing with culturally stressful events.</p> <p>If unable to think of any change efforts you did make, how might the realities stated above, such as your emotional stress or the coping challenges, have made it difficult to engage in a change effort?</p>
Acknowledge others' responsibility	<p>What ways do the people around you and the community spaces around you need to change, be corrected, or be improved?</p> <p>What responsibility do others have for limiting your exposure to culturally stressful events moving forward?</p>
Acknowledge my learning	If you ever face a similar culturally stressful event again in the future, what did you learn from this experience that might help you act or respond in a way that you might feel prouder of in the future?

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My Critical Self-Judgments toward How I Handled a Culturally Stressful Event

TYPES OF SELF-JUDGMENT	DESCRIPTION	DESCRIBE YOUR SELF-JUDGMENTS
<p>CRITICAL LABELING</p>	<p>Using critical labels to describe how you handled or responded to a culturally stressful event</p> <p><i>(Hint: You may be experiencing this self-judgment if you use “I am” thinking.)</i></p>	
<p>SELF-BLAME</p>	<p>Taking most (if not all) of the responsibility for why the culturally stressful event happened or any outcomes from the event</p> <p><i>(Hint: You may be experiencing this self-judgment if you are mainly questioning “What’s wrong with me?” or “What did I do wrong?”)</i></p>	
<p>OVERSIMPLIFIED COPING</p>	<p>Overlooking or minimizing the ways cultural stress can be difficult to manage or cope with</p> <p><i>(Hint: You may be experiencing this self-judgment if you are using “should” thinking.)</i></p>	
<p>OTHER?</p>		

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What's My Reality?

Acknowledge the relationship or community stressor:

Acknowledge the emotional stress:

Acknowledge the coping challenges:

Acknowledge your change efforts:

Acknowledge others' responsibility:

Acknowledge your learning:

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Self-Compassion toward My Reality

In this situation, I had hoped I would (or they would):

In this situation, it was difficult to achieve my hopes and wishes because:

Moving forward, if I face a similar culturally stressful event, I hope I will:

Moving forward, I hope to become more confident in my ability to:

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My Change Goals

CHANGE GOALS TO CONSIDER	RESPONSES	MY CHANGE GOALS AND REASONS
<p>Change relationship(s) <i>Are there any issues you want to address, boundaries you want to set, or information you want to share to change or improve a culturally stressful relationship?</i></p>	<p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Unsure</p>	
<p>Change community space(s) <i>Are there ways you want to contribute to the improvement of your community that may reduce your (or others) exposure to culturally stressful events?</i></p>	<p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Unsure</p>	
<p>Do you have any other change goals? If yes, add them at right.</p>	<p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Unsure</p>	

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My Possible Change Efforts

1. I could pursue my change goal by

2. I could pursue my change goal by

3. I could pursue my change goal by

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What Are the Costs of Fighting for Change?

Describe any social costs you are concerned about experiencing:

Describe any resource costs you are concerned about experiencing:

Describe any safety costs you are concerned about experiencing:

Describe any emotional costs you are concerned about experiencing:

Describe any other costs you are concerned about experiencing:

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Evaluating My Options for Pursuing Change

A. List your possible actions: Select one or two change efforts you are strongly considering under “possible change efforts.”

B. Complete “most helpful” column. List any reasons a change effort might be helpful. Specifically, consider whether there are any *desired* outcomes that may result from making a change effort.

C. Complete “least helpful” column. List any reasons a change effort might *not* be helpful. Specifically, consider whether there are any *undesired* outcomes that may result from making a change effort.

POSSIBLE CHANGE EFFORTS	WHAT IS MOST HELPFUL ABOUT THIS OPTION?	WHAT IS LEAST HELPFUL ABOUT THIS OPTION?
1.		
2.		

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Deciding Whether to Pursue Change

A. I plan to engage in a change effort. If answering yes, use the table below. Describe the change effort(s) you are willing to make, describe when you plan to make these efforts, and consider ways you can cope ahead for any costs you may experience from the change efforts you make.

DESCRIBE YOUR EFFORT	WHEN DO YOU WANT TO PRACTICE?	COPE AHEAD PLAN
CHANGE EFFORT 1:		
CHANGE EFFORT 2:		
CHANGE EFFORT 3:		

B. I do not plan to engage in a change effort. However, if you do not think now is the best time to make a change effort, then brainstorm resilience efforts you can still engage in while in this relationship or community space.

“I don’t think it’s in my best interest to try a change effort at this time.”	Describe any resilience efforts you can still engage in. (Note: If unsure of resilience efforts you can make, see Chapter 14 for assistance.)
--	--

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Resilience Goals Diagram

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">RELATIONSHIP GOALS</p>	<p><input type="checkbox"/> Family relationships Goals can include:</p> <ul style="list-style-type: none"> ● Build and maintain deep connections with family ● Build and maintain honest and trusting relationships with family ● Communicate my boundaries with family ● Respect boundaries set by my family ● Have loving and supportive relationships with my family 	<p><input type="checkbox"/> Friendships Goals can include:</p> <ul style="list-style-type: none"> ● Find people who share my interests in hobbies/fun ● Build and maintain deep connections with friends ● Build and maintain honest and trusting relationships ● Have fun with friends ● Have loving and supportive friendships 	<p><input type="checkbox"/> Romantic relationships Goals can include:</p> <ul style="list-style-type: none"> ● Find a partner who shares my interests and values ● Build and maintain deep connection with my partner ● Build and maintain honest and trusting relationship with partner ● Build and maintain intimacy with my partner ● Build and maintain healthy communication with my partner 	<p><input type="checkbox"/> Professional relationships Goals can include:</p> <ul style="list-style-type: none"> ● Find coworker(s) who shares my interests and values ● Find coworker(s) whom I can trust is an ally at work ● Work as a collaborative team member at work ● Support or mentor others who want to achieve similar professional goals ● Build and maintain healthy communication with coworkers
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">WELLNESS GOALS</p>	<p><input type="checkbox"/> Emotional well-being Goals can include:</p> <ul style="list-style-type: none"> ● Mindfully notice what I am feeling ● Effectively communicate my emotions ● Regularly engage in soothing/relaxing activities ● Practicing healthy, affirming self-talk ● Being able to maintain progress toward important goals even when experiencing strong emotions 	<p><input type="checkbox"/> Physical well-being Goals can include:</p> <ul style="list-style-type: none"> ● Get the recommended amount of nightly sleep ● Create a work-life balance that promotes rest ● Get consistent exercise ● Maintain nutritious, balanced diet ● Maintain regular check-ups with my doctor ● Take medications as prescribed 	<p><input type="checkbox"/> Spiritual well-being Goals can include:</p> <ul style="list-style-type: none"> ● Learn more about my faith ● Learn more about the faith of others ● Prioritize time for religious or spiritual practices ● Build and maintain connection with a community that shares my faith ● Allow the values and beliefs of my faith to guide my decisions in life 	<p><input type="checkbox"/> Community well-being Goals can include:</p> <ul style="list-style-type: none"> ● Learning about different parts of my community ● Providing service or volunteering to promote betterment of my community ● Creating resources that can benefit my community ● Building relationships with members of different communities ● Participating in activism or social justice to better my community
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">ACHIEVEMENT GOALS</p>	<p><input type="checkbox"/> Education Goals can include:</p> <ul style="list-style-type: none"> ● Find academic subjects that I really care about ● Discover academic subjects that are exciting ● Maintain good academic performance ● Improve my academic performance ● Graduate with a degree that will help my future 	<p><input type="checkbox"/> Job/career Goals can include:</p> <ul style="list-style-type: none"> ● Find a job/career that interests me ● Find a job/career that will allow me to earn an income I can live on ● Maintain good job performance ● Get promoted within my job/career ● Create a new job/career that better suits my interests and skills 	<p><input type="checkbox"/> Personal growth Goals can include:</p> <ul style="list-style-type: none"> ● Learn more about who I am ● Learn more about my strengths and values ● Set achievable goals ● Observe myself achieving more of the goals I set for myself ● Feel more disciplined and self-controlled in my daily life ● Feel more at peace with my decisions and who I am becoming 	<p><input type="checkbox"/> Hobbies/fun Goals can include:</p> <ul style="list-style-type: none"> ● Find recreational activities I enjoy ● Prioritize regularly engaging in fun activities ● Improve my knowledge and skills within my hobbies ● Share my hobbies with others ● Experiment with and learn about new hobbies
<p>Describe any other resilience goals you can try to achieve in culturally stressful settings:</p>				

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My Resilience Goals

RESILIENCE GOALS TO CONSIDER	RESPONSES	MY RESILIENCE GOALS AND REASONS
<p>RELATIONSHIP GOALS</p> <p><i>Are there any relationship goals you want to achieve within your culturally stressful surroundings?</i></p>	<p> <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Unsure </p>	
<p>WELLNESS GOALS</p> <p><i>Are there any wellness goals you want to achieve within your culturally stressful surroundings?</i></p>	<p> <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Unsure </p>	
<p>ACHIEVEMENT GOALS</p> <p><i>Are there any achievement goals that you want to progress toward despite being in your culturally stressful surroundings?</i></p>	<p> <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Unsure </p>	
<p>Do you have any other resilience goals while remaining in the culturally stressful environment? If yes, describe them.</p>	<p> <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Unsure </p>	

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HOW TO BOOST YOUR SENSE OF AGENCY AND CONTROL

My Possible Resilience Efforts

1. I could pursue my resilience goal by . . .

2. I could pursue my resilience goal by . . .

3. I could pursue my resilience goal by . . .

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Possible Ways to Support My Resilience Efforts

SUPPORTIVE ACTIONS TO CONSIDER	MY SUPPORTIVE ACTIONS
<p>INFORMATION SEEKING</p> <p><i>What do you feel is important to learn about the relationships around you or the community space you are in that would help you pursue your goals?</i></p> <p><i>How can you go about getting this information—possibly observing others, asking specific questions, or researching certain details online?</i></p>	
<p>SELECTIVE ENERGY AND EFFORT</p> <p><i>Based on the information you have learned about your surroundings, how much energy, time, and effort do you want to invest in achieving any goals within this space?</i></p> <p><i>What are the pros and cons of investing more or less energy and effort within your culturally stressful surroundings?</i></p>	
<p>MAINTAINING SUPPORT NETWORKS</p> <p><i>Are there any relationships within or outside this space that you want to invest time and energy in maintaining and leaning on as you try to achieve your goals?</i></p> <p><i>What can you do to start and then strengthen your supportive networks?</i></p>	
<p>Describe any other supportive actions you can engage in to navigate cultural stress as you try to achieve your resilience goal.</p>	

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My Resilience Goal Plan

What **resilience efforts** do you plan to use to help you achieve your resilience goal?

Resilience effort 1—I plan to . . .

Resilience effort 2—I plan to . . .

What **supportive actions** can you use to navigate cultural stressors as you try to achieve your resilience goal?

Supportive action 1—I plan to . . .

Supportive action 2—I plan to . . .

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My Agency Stress Coping

NOTICED AGENCY STRESS	SELF-COMPASSION	MAKING CHANGE EFFORTS	MAKING RESILIENCE EFFORTS	OTHER AGENCY STRESS COPING
Date:				
Date:				
Date:				
Date:				
Date:				
Date:				

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My Culturally Mindful Moments



Community Influences

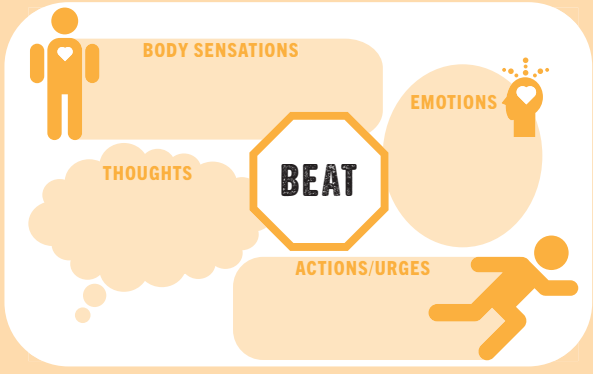


- **History/art:** depictions of your identity in history and art
- **TV/movies/music:** characters, plots, lyrics within any media you are exposed to
- **Social media:** messages received from followers/people followed
- **Your school/job:** performance evaluations, report cards, accessing opportunities
- **Faith community:** sermons, scriptures, prayers, people within this community
- **Laws and policies:** any laws and policies that influence the support and protection you receive
- **Other community** (any parts of community not listed)

Relationship Influences

- **Family:** immediate/extended family, adopted/chosen family, ancestors
- **Friendship:** close friends and acquaintances
- **Romantic relationships:** short-term and long-term dating partners, spouses, ex-partners, dating interests
- **Authority figures:** teachers, principals, bosses, police, politicians
- **Peers/colleagues:** people in the same community spaces as you that you do not have a close relationship with
- **Other relationship** (any relationship not listed):

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My BEAT Reaction to Culturally Mindful Moments

DESCRIBE SITUATION	DESCRIBE YOUR BEAT REACTION
	 <p>The diagram features a central orange octagon with the word "BEAT" in bold black letters. Surrounding it are four orange shapes: a rounded rectangle at the top labeled "BODY SENSATIONS" with a person icon, a circle on the right labeled "EMOTIONS" with a lightbulb icon, a thought bubble on the left labeled "THOUGHTS", and a rounded rectangle at the bottom labeled "ACTIONS/URGES" with a running person icon.</p>
	 <p>The diagram features a central orange octagon with the word "BEAT" in bold black letters. Surrounding it are four orange shapes: a rounded rectangle at the top labeled "BODY SENSATIONS" with a person icon, a circle on the right labeled "EMOTIONS" with a lightbulb icon, a thought bubble on the left labeled "THOUGHTS", and a rounded rectangle at the bottom labeled "ACTIONS/URGES" with a running person icon.</p>
	 <p>The diagram features a central orange octagon with the word "BEAT" in bold black letters. Surrounding it are four orange shapes: a rounded rectangle at the top labeled "BODY SENSATIONS" with a person icon, a circle on the right labeled "EMOTIONS" with a lightbulb icon, a thought bubble on the left labeled "THOUGHTS", and a rounded rectangle at the bottom labeled "ACTIONS/URGES" with a running person icon.</p>

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HOW TO COPE WITH IDENTITY STRESS

My Positive Identity Self-Talk

TYPES OF SELF-TALK	DESCRIPTION	EXAMPLES
SELF-LOVE	Warm, kind, and affirming self-talk about the parts of your racial and cultural background you express or that others notice	<p><i>"My skin is beautiful."</i></p> <p><i>"I think I have really cool interests."</i></p> <p><i>"My life matters. I have meaning and purpose."</i></p>
SELF-CONFIDENCE	Self-talk that acknowledges and values your strengths, as well as believes in your ability to use these attributes to achieve meaningful goals	<p><i>"I have what it takes to get where I want to be."</i></p> <p><i>"The lessons I've learned from my community will help me get through this."</i></p> <p><i>"I am who I am. I'm gonna be me, and people will just have to accept that."</i></p>
CULTURAL PRIDE	Self-talk that expresses thankfulness and appreciation for being a member of your racial and cultural background or for being connected to other members of your community	<p><i>"I'm rooting for everyone in my community to win."</i></p> <p><i>"I am thankful to come from where I am from."</i></p> <p><i>"People from my racial and cultural community have done great things."</i></p>
List any other types of positive identity self-talk about your racial and cultural background.		

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My Negative Identity Self-Talk

TYPES OF SELF-TALK	DESCRIPTION	EXAMPLES
SELF-DISLIKE	Cold, unkind, or critical self-talk about the parts of your racial and cultural background you express or that others notice	<p><i>"I really wish I didn't look like this."</i></p> <p><i>"My interests are dumb."</i></p> <p><i>"Ugh . . . I can't stand my accent."</i></p>
SELF-DOUBT	Self-talk that ignores, criticizes, or undervalues your strengths, or that does not believe in your ability to use these self-attributes to achieve meaningful goals	<p><i>"I don't have what it takes."</i></p> <p><i>"People like me don't typically do well on these things."</i></p> <p><i>"There's no way I can show people who I really am."</i></p>
CULTURAL SHAME	Self-talk that expresses a lack of thankfulness and appreciation for being a member of your racial and cultural background or for being connected to other members of your community	<p><i>"I wish I wasn't from my racial and cultural community."</i></p> <p><i>"I don't think it's that big a deal when I see people from my community doing well."</i></p> <p><i>"I feel like people in my community are lame and make poor decisions."</i></p>
<p>List any other types of negative identity self-talk about your racial and cultural background.</p>		

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My Identity Self-talk Diagram



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Noticing My Identity Stress

1. Describe the culturally stressful situation.

Where were you?	
Who was present?	
Describe the relationship or community stressor	

2. Using your BEAT diagram, record your reactions to the culturally stressful event.

- **Describe identity self-talk.** On your BEAT diagram, describe any positive (self-love, self-confidence, cultural pride) or negative (self-dislike, self-doubt, cultural shame) identity self-talk you experienced.
- **Describe bodily sensations and emotions.** On your BEAT diagram, describe any body sensations or emotions you are experiencing in response to the culturally stressful event.
- **Describe your actions and urges.** On your BEAT diagram, describe how your identity self-talk impacted any actions or urges you experienced.



(continued)

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Positive Social Messages I Have Encountered

SOCIAL MESSAGE TYPE	REFLECTION QUESTION	PERSONAL EXAMPLES
<p>POSITIVE STEREOTYPES</p>	<p>What positive or desired traits, abilities, or interests do others (including those within your community) often expect people within your racial and cultural background to have?</p>	
<p>JUDGMENTS</p>	<p>How do people typically judge or feel toward these stereotypes?</p>	
<p>DISCRIMINATION</p>	<p>How have these positive stereotypes and their judgments influenced how you (or people within community) have been treated?</p>	
REFLECT	RESPONSE	EXPLANATION
<p>Have any of these social messages greatly impacted your ability to experience self-love, self-confidence, or cultural pride?</p>	<p> <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Somewhat </p>	

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Negative Social Messages I Have Encountered

SOCIAL MESSAGE TYPE	REFLECTION QUESTION	PERSONAL EXAMPLES
<p>NEGATIVE STEREOTYPES</p>	<p>What negative or hurtful characteristics, traits, abilities, or interests do others (including those within your community) often associate with your racial and cultural background?</p>	
<p>JUDGMENTS</p>	<p>How do people typically judge or feel toward these stereotypes?</p>	
<p>DISCRIMINATION</p>	<p>How have these negative stereotypes influenced how you (and people within your community) have been treated?</p>	
REFLECT	RESPONSE	EXPLANATION
<p>Have any of these social messages greatly impacted your ability to experience self-love, self-confidence, or cultural pride?</p>	<p> <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Somewhat </p>	

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Positive and Negative Social Messages Connected with My Identity Self-talk

Positive,
affirming
messages

Positive identity
self-talk

Negative,
critical
messages

ME

Negative identity
self-talk

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Compassionately Understanding My Identity Self-Talk

Typically, I like to have this type of identity self-talk:

However, in this situation, I noticed that my identity self-talk sounded like:

In this situation, these social messages made it hard for me to have self-love, self-confidence, or cultural pride because:

It makes sense that these social messages would impact my identity self-talk in this way because:

Moving forward, I hope for myself that I will:

Moving forward, I will try to boost my self-love, self-confidence, and cultural pride by:

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Identity Exploration Activities

ACTIVITIES TO COMPLETE ON YOUR OWN	ACTIVITIES TO COMPLETE WITH FAMILY AND FRIENDS	ACTIVITIES TO COMPLETE IN THE COMMUNITY
Read books about important historical events within your community	Pay close attention when older family members are telling stories related to your background	Join groups that celebrate cultural events and discuss topics related to your community
Watch TV shows/movies that feature characters from your background	Interview a family member or friend about the parts of their community they feel most connected to	Attend cultural festivals and events connected with your racial and cultural background
Take educational courses about the history of your background	Interview a family member about historical events	Experiment with sharing interests and using abilities in your Who Am I? diagram in new social spaces
Try new activities that people in your racial and cultural community are doing	Talk with friends and learn what helps them feel connected to their racial and cultural background	Travel to historic landmarks that are related to your racial and cultural background
Research details about your racial and cultural background online	Talk with family and friends about their Who Am I? diagram	Volunteer within your racial and cultural community
Read fiction that features characters from your background	Complete this workbook with family and friends	Find role models from your community and identify which of their characteristics you admire most
Follow news or social media accounts that report on current events within your community	Read books about your racial and cultural background with friends and family	Join a book club that features authors from your background
Learn cultural traditions (native language, cooking cultural foods, dances)	Watch TV shows or movies about your racial and cultural background with friends and family	Find a mentor from your community and regularly meet with them
Watch documentaries that discuss topics related to your background	Team up with your family members to trace your family lineage	Attend religious services and observances
Take time to reflect on how your goals and dreams are impacted by racial and cultural background	Talk with friends and family about what inspires their self-love, self-confidence, and cultural pride	Go to museums that showcase aspects of your background
Can you think of any other ways you can explore the important parts of your racial and cultural background? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Unsure	Describe other identity exploration activities below:	

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My Self-Discovery Goals

WHAT I WANT TO DISCOVER	YOUR RESPONSES	YOUR REASONS
<p>What I love about myself</p> <p>Do you hope to discover (or be reminded of) the parts of your racial and cultural background you love, appreciate, or feel most connected to?</p>	<p> <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Somewhat </p>	
<p>Personal abilities I can confidently use</p> <p>Do you hope to discover (or be reminded of) the parts of your racial and cultural background you can (or want) to express or share with others?</p>	<p> <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Somewhat </p>	
<p>Which parts of my background bring me pride</p> <p>Do you hope to discover (or be reminded of) what makes you feel thankful and appreciative to be a member of your racial and cultural background or to be connected to other members within your community?</p>	<p> <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Somewhat </p>	
<p>Can you think of any other self-discovery goals besides what you listed above?</p>	<p> <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Somewhat </p>	<p>Describe additional goals:</p>

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My Identity Exploration Efforts

POSSIBLE
IDENTITY
EXPLORATION
EFFORT 1

POSSIBLE
IDENTITY
EXPLORATION
EFFORT 2

POSSIBLE
IDENTITY
EXPLORATION
EFFORT 3

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My Identity Exploration Plan

	CHOOSE YOUR EXPLORATION EFFORTS	WHEN DO YOU WANT TO PRACTICE?
IDENTITY EXPLORATION EFFORT 1		
IDENTITY EXPLORATION EFFORT 2		
IDENTITY EXPLORATION EFFORT 3		

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My Identity Expression Goals

IDENTITY
EXPRESSION
GOAL 1

I want to express and share my racial and cultural background by:

IDENTITY
EXPRESSION
GOAL 2

I want to express and share my racial and cultural background by:

IDENTITY
EXPRESSION
GOAL 3

I want to express and share my racial and cultural background by:

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Costs That Might Influence My Identity Expression Efforts

TYPES OF COSTS	MY RESPONSES
<p>Social costs Do you anticipate that your self-expression will be met with rejection, criticism, or judgment?</p>	
<p>Resource costs Do you anticipate that your self-expression will lead to a removal or denial of needed or wanted resources?</p>	
<p>Safety costs Do you anticipate that your self-expression will be met with threatened or experienced physical harm?</p>	
<p>Emotional costs Do you anticipate that your self-expression will cause overwhelming bodily and emotional discomfort?</p>	
<p>Other costs Describe any other costs you are concerned about experiencing:</p>	

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Where I Can Practice Identity Expression

TYPES OF EXPRESSION	YOUR RESPONSES
Open expression <i>In which relationships am I able to openly and freely practice identity expression?</i>	I feel able to openly express myself in these relationships:
Open expression <i>In which community spaces am I able to openly and freely practice identity expression?</i>	I feel able to openly express myself in these community spaces:
Selective expression <i>In which relationships do I feel as if I must consider limiting how openly and freely I practice identity expression?</i>	I feel like I will consider limiting how openly I express myself in these relationships:
Selective expression <i>In which community spaces do I feel as if I must consider limiting how openly and freely I practice identity expression?</i>	I feel like I will consider limiting how openly I express myself in these community spaces:
Undiscovered expression <i>In which relationships have you yet to discover how comfortable you are with openly and freely practicing identity expression?</i>	I have yet to discover how I want to express myself in these relationships:
Undiscovered expression <i>In which community spaces have you yet to discover how comfortable you are with openly and freely practicing identity expression?</i>	I have yet to discover how I want to express myself in these community spaces:

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My Identity Expression Plan

1. **List identity expression goals.** First, list examples of identity expression efforts you can make.
2. **Define open expression.** Under “open expression,” describe what openly expressing your racial and cultural background looks like in the social spaces where you feel the most safe and supported to do so.
3. **Define selective expression.** Under “selective expression,” describe what selectively expressing your racial and cultural background looks like in social spaces where you are most concerned about experiencing social, resource, safety, or emotional costs.
4. **Define undiscovered expression.** Finally, under “undiscovered expression,” describe how you might go about discovering how you can express your racial and cultural background in social spaces you remain unsure about.

IDENTITY EXPRESSION GOALS	OPEN EXPRESSION	SELECTIVE EXPRESSION	UNDISCOVERED EXPRESSION

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Tip Sheet: Filtering Social Messages

First, look back at the positive stereotypes you listed on page 202 and negative stereotypes on page 205 in Chapter 16, and think about which social messages are most strongly associated with your identity self-talk (positive or negative). Then, focusing on one social message at a time, use the following questions to assess how trustworthy that social message is at that particular moment. (You can repeat this exercise with any social messages that feel connected with your identity self-talk.) Also, feel free to add any filter questions that will help you make sense of the social messages around you.

Can I Trust This Social Message?

<p>FACTUAL MESSAGE</p>	<p>Describe any evidence that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Supports this social message as an accurate representation of you or your community <input type="checkbox"/> Does <i>not</i> support this social message as an accurate representation of you or your community
<p>WHO AM I TRULY?</p>	<p>What parts of your Who Am I? diagram remain <i>true</i> and <i>unchanged</i> no matter what these social messages say about your racial and cultural background?</p> <ul style="list-style-type: none"> <input type="checkbox"/> "I am still . . ." <input type="checkbox"/> "I still like to do . . ." <input type="checkbox"/> "I can still do . . ." <input type="checkbox"/> "I still care about . . ."
<p>IDENTITY-CONSISTENT MESSAGE</p>	<p>Is there any part of this social message that is consistent with your Who Am I? diagram?</p> <ul style="list-style-type: none"> <input type="radio"/> If so, what efforts can you make in your daily life to strengthen your belief in this social message? <input type="radio"/> If not, what efforts can you make to remind yourself (and possibly others) that this social message does not represent who you are?
<p>YOUR CONCLUSION</p>	<p>Is there any meaningful information you can take away from your responses to the filter questions above? If so, describe any conclusion(s):</p>

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Tip Sheet: Filtering Identity Self-Talk

First, think about your identity self-talk (both positive and negative). Then, focusing on one thought at a time, use the following questions to assess how trustworthy each thought is and how you want to respond to its presence within your BEAT. (You can repeat this exercise with any other identity self-talk thoughts.) Feel free to add any filter questions that will help you make sense of the identity self-talk you hear often.

Should I Trust My Identity Self-Talk?

WHO AM I TRULY?

What parts of your Who Am I? diagram remain *true* and *unchanged* no matter what your current self-talk says?

- "I am still . . ."
- "I still like to do . . ."
- "I can still do . . ."
- "I still care about . . ."

IDENTITY-CONSISTENT THOUGHT

Is this self-talk consistent with how you want to see yourself?

- If so, what efforts can you make in your daily life to strengthen your belief in this thought in ways that are helpful to you?
- If not, what efforts can you make to help you to have more self-loving, self-confidence, and cultural pride thoughts?

SUPPORTIVE THOUGHT

Is this self-talk guiding you closer to your goals (the things in life you want to achieve) or values (what you care most about)?

- If so, then how can you use this thought to help you achieve your goals and live according to your values?
- If not, then what efforts can you make moving forward to strengthen your self-loving, self-confident, and cultural pride thoughts in ways that help you achieve your goals and live according to your values?

YOUR CONCLUSION

Is there any meaningful information you can take away from your responses to the filter questions above? If so, describe any conclusion(s):

✓ TIP SHEET

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Impacts of My Negative Identity Self-Talk

THINGS TO THINK ABOUT	MY RESPONSES
What negative identity self-talk are you focusing on?	
Is this self-talk causing you any emotional stress in this moment?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Somewhat
Explain your answer.	
Is this self-talk impacting your self-love in this moment?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Somewhat
Explain your answer.	
Is this self-talk impacting your self-confidence in this moment?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Somewhat
Explain your answer.	
Is this self-talk impacting your cultural pride in this moment?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Somewhat
Explain your answer:	

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My Options for Protecting Myself

Coping with emotional stress

What are three ways you could cope with any emotional stress associated with your negative identity self-talk?

- 1.
- 2.
- 3.

Filtering my self-talk

What are three ways you can check how true and accurate your self-talk is?

- 1.
- 2.
- 3.

Filtering social messages

What are three ways you can check the truth and accuracy of any social messages related to your self-talk?

- 1.
- 2.
- 3.

Growing my positive identity self-talk

What are three ways you can continue making efforts to grow your self-love, self-confidence, and cultural pride—despite having this negative identity self-talk?

- 1.
- 2.
- 3.

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My Identity Protection Plan

DESCRIBE YOUR EFFORT

WHEN DO YOU WANT TO PRACTICE?

IDENTITY PROTECTION
EFFORT 1

IDENTITY PROTECTION
EFFORT 2

IDENTITY PROTECTION
EFFORT 3

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My Identity Stress Coping

NOTICED IDENTITY STRESS	SELF-COMPASSION	IDENTITY EXPLORATION	IDENTITY EXPRESSION	IDENTITY PROTECTION	OTHER IDENTITY STRESS COPING
Date:					
Date:					
Date:					
Date:					
Date:					
Date:					

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My Emotional Stress Coping Card

EMOTIONAL STRESS COPING TARGETS	MY EMPOWERED COPING SKILLS
<p>Mindfulness</p> <p>What <i>can</i> I look for in my BEAT diagram to help me notice emotional stress?</p>	<p>Body sensations:</p> <p>Emotions:</p> <p>Action/urges:</p> <p>Thoughts:</p>
<p>Self-compassion</p> <p>When I notice emotional stress, I <i>can</i> show kindness and understanding toward my emotions by:</p>	
<p>Empowered responding</p> <p>When I notice emotional stress, I <i>can</i> make helpful decisions in the moment by:</p>	
<p>Soothing efforts</p> <p>When I notice emotional stress, I <i>can</i> soothe my emotions by:</p>	
<p>Filling wellness buckets</p> <p>When I notice emotional stress, I <i>can</i> make healthy decisions over time as I heal by:</p>	
<p>When I notice emotional stress, I <i>can</i> also (describe any other coping skills you can use):</p>	

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My Agency Stress Coping Card

AGENCY STRESS COPING TARGETS	MY EMPOWERED COPING SKILLS
<p>Mindfulness</p> <p>What <i>can</i> I look for in my BEAT diagram to help me notice agency stress?</p>	<p>Body sensations:</p> <p>Emotions:</p> <p>Action/urges:</p> <p>Thoughts:</p>
<p>Self-compassion</p> <p>When I notice agency stress, I <i>can</i> show kindness and understanding toward how I handle any culturally stressful events by:</p>	
<p>Making change efforts</p> <p>When I notice agency stress, I <i>can</i> pursue my change goals by:</p>	
<p>Making resilience efforts</p> <p>When I notice agency stress, I <i>can</i> use these resilience efforts to pursue my goals by:</p> <p>I <i>can</i> also use these supportive actions to navigate any cultural stress that may get in the way of my resilience efforts:</p> <p>When I notice agency stress, I <i>can</i> also (describe any other coping skills you can use):</p>	

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My Identity Stress Coping Card

IDENTITY STRESS COPING TARGETS	MY EMPOWERED COPING SKILLS
<p>Mindfulness</p> <p>What <i>can</i> I look for in my BEAT diagram to help me notice identity stress?</p>	<p>Body sensations:</p> <p>Emotions:</p> <p>Action/urges:</p> <p>Thoughts:</p>
<p>Self-compassion</p> <p>When I notice identity stress, I <i>can</i> show kindness and understanding toward my identity self-talk by:</p>	
<p>Identity exploration</p> <p>When I notice identity stress, I <i>can</i> still explore and discover what I love and appreciate about my identity by:</p>	
<p>Identity expression</p> <p>When I notice identity stress, I <i>can</i> still find ways to confidently express my identity by:</p>	
<p>Identity protection</p> <p>When I notice identity stress, I <i>can</i> protect my self-love, self-confidence, and cultural pride by:</p>	
<p>When I notice identity stress, I <i>can</i> also (describe any other coping skills you can use):</p>	

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Impact of a Culturally Stressful Event

WHAT HAPPENED?

OBSERVE AND DESCRIBE YOUR BEAT REACTION



NOTICE YOUR CULTURAL STRESS IMPACTS

Emotional stress: Are you noticing any strong and uncomfortable body sensations or emotions in this moment?

- Yes
- No

Agency stress: Are you noticing avoidance urges, "I can't" thoughts, or dissatisfaction in your change efforts that are making it hard to feel a sense of control in this moment?

- Yes
- No

Identity stress: Are you noticing negative identity self-talk that's making it hard to experience self-love, self-confidence, or cultural pride in this moment?

- Yes
- No

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Coping Skills I Can Try

I could try to ...	
I could try to ...	
I could try to ...	
I could try to ...	
I could try to ...	

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My Empowered Coping Priorities

PRIMARY EMPOWERED COPING DECISIONS	I want to prioritize:
SECONDARY EMPOWERED COPING DECISIONS	Eventually, I want to make sure I also:

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