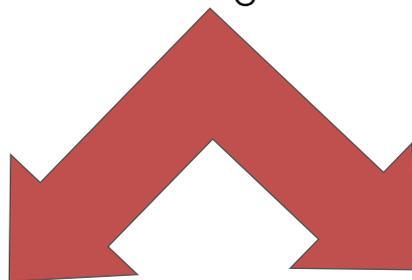


Interpersonal Responses to Micro-aggressions for the Offended

What is the offensive behavior?

Response: What is the goal of the response?



Goal:

Goal:

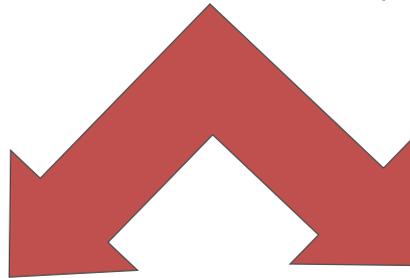


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Interpersonal Responses to Micro-aggressions for Offender

What is the offensive behavior and why was it offensive?

Self-Accountability



What belief did this experience stem from?

Belief Creation:

What do I need to shift in my behavior, beliefs, values or perspective to ensure that I do not contribute to a negative cycle?

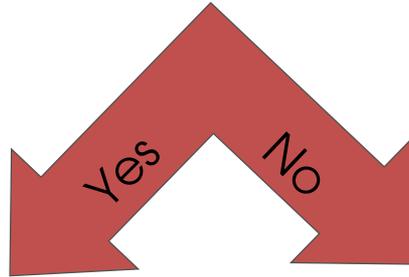
Belief Character(s):



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Interpersonal Responses to Micro-aggressions for the Witness

Is the person in physical danger?



Deflect: Create a distraction

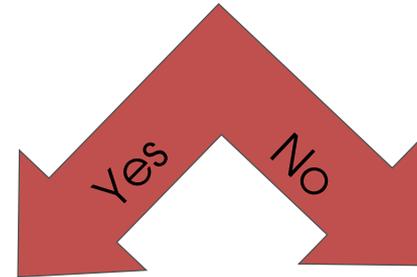
Diffuse: Try to calm the situation down

Remove: If possible, get the person physically out of the situation

Block: Put your body in between the offender and victim

Galvanize Others: Get other witnesses to intervene with you collectively

Ask for permission from the victim to intervene



Unpack the Microaggression

