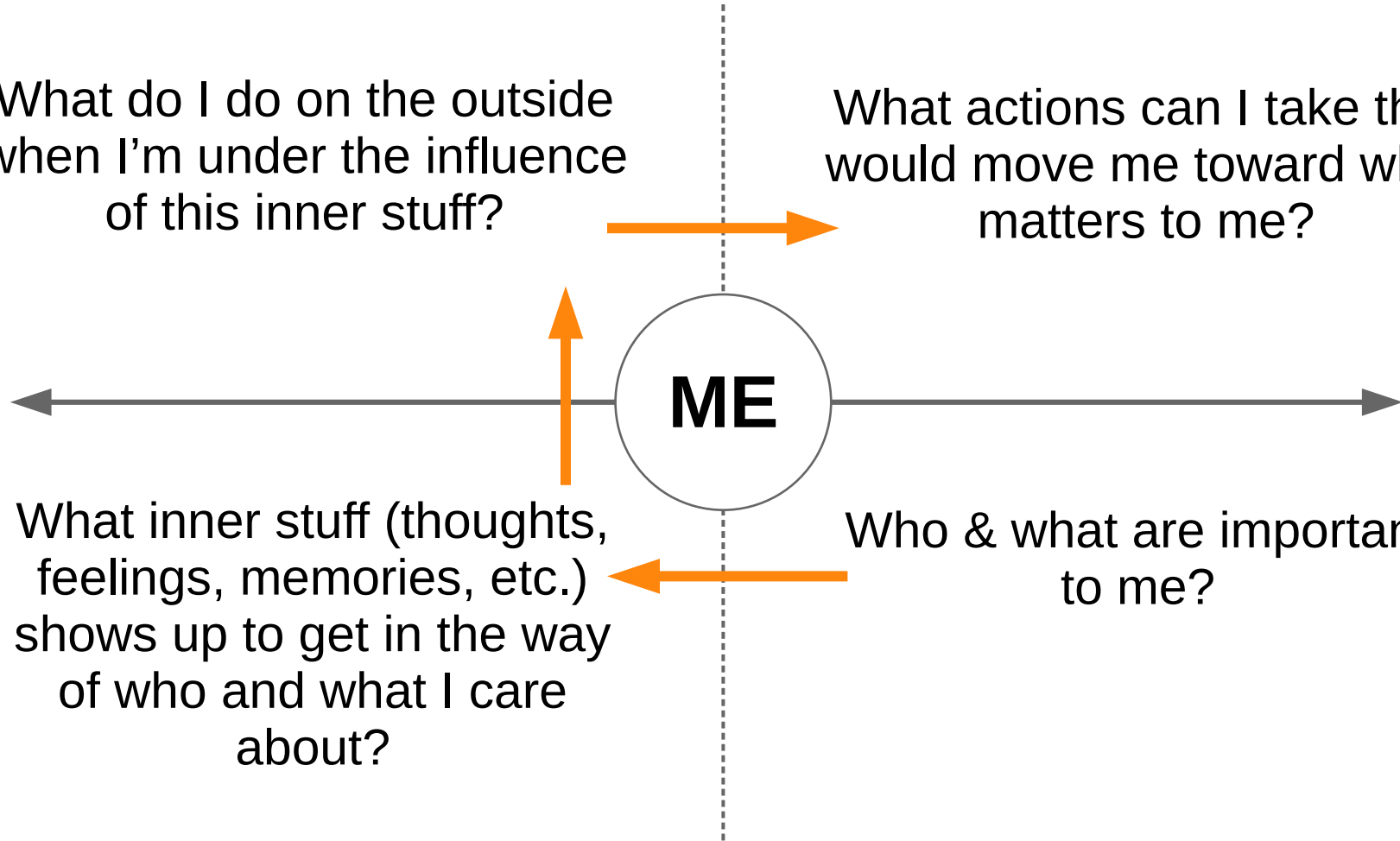


What do I do on the outside  
when I'm under the influence  
of this inner stuff?

What actions can I take that  
would move me toward what  
matters to me?



What inner stuff (thoughts,  
feelings, memories, etc.)  
shows up to get in the way  
of who and what I care  
about?

Who & what are important  
to me?

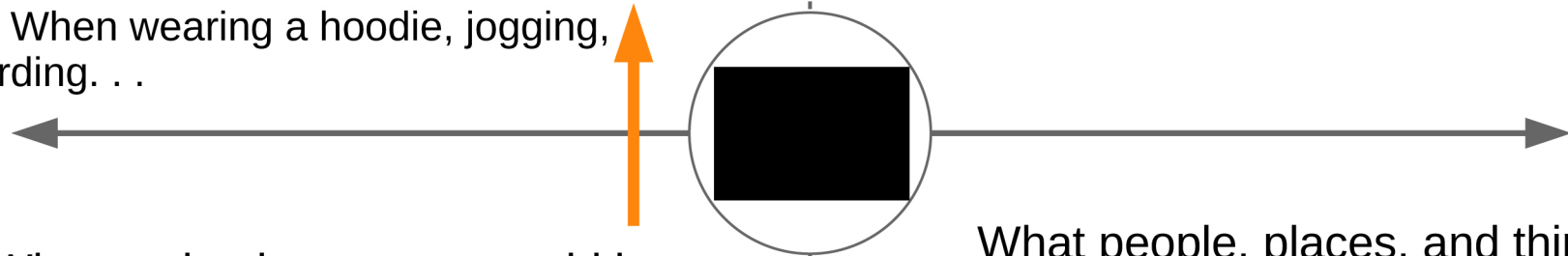
How would my behavior be different in the following situations, given the concerns, fears, and other experiences I might have?

1. Walking down a street filled with white families.
2. Being pulled over by the police.
3. When wearing a hoodie, jogging, birding. . .

What actions could I take that would support the people, places, and things that I care about?

Why would it be important for me to do that?

What would I want others to understand about my life?



What societal concerns would be on my mind frequently?

What would be my worst fear for myself & my family?

What thoughts, emotions, attitudes, memories, and sensations might show up for me during this time?

What people, places, and things would I care for?

What would give me a sense of purpose & meaning?

How would my relationships change with my friends, family, bosses, co-workers, police and other figures of authority?