

COMMON EXAMPLES OF TRIGGERING EVENTS

Directions: Use a 0-5 scale to rate how much of a “trigger” each of the following is for you when someone says or does an oppressive act (puts someone down because of their differences).

Rate your emotional reaction.

0 = no emotional reaction	1 = very mild	2 = low degree
3 = moderate degree	4 = medium-high degree	5 = high level

When someone...

- 1. makes an offensive comment. _____
- 2. demonstrates racist, attitudes and behaviors. _____
- 3. demonstrates homophobic, attitudes and behaviors _____
- 4. demonstrates sexist, attitudes and behaviors _____
- 5. calls me a racist. _____
- 6. tells me how I should feel or behave. _____
- 7. jokes or makes sarcastic remarks about people who are different from them _____
- 8. makes oppressive comments about members of their own race _____

Personally when...

- 9. I do or say something oppressive. _____
- 10. I can't figure out how to manage a situation. _____
- 11. someone is angry with me. _____
- 12. there is intense conflict. _____
- 13. the conversation reactivates something from my past. _____

Write in your own triggers...

RESPONSES TO INTERCULTURAL TENSION & CONFLICT

Curriculum developed by Kathy Obear, Alliance for Change
Modified by Cultures Connecting

What combinations of these have you observed in yourself when someone says or does something to put someone else down because of their differences?

	Often	Sometimes	Rarely	Never
Withdrawal, avoidance, isolation				
Anxiety, nervousness, fear				
Confusion, frustration				
Ignoring it, going on as if nothing happened				
Powerlessness, helplessness, apathy				
Sad, upset, distressed				
Hostility, aggression, anger				
Blaming, shaming, belittling, judging				
Joking, minimizing, making light of it				
Attempt to stop the inappropriate behavior				

Here at Valley View M.S. how often do you...	Often	Some-times	Rarely	Never
hear negative comments, jokes or behaviors directed at someone else because of their differences?				
hear negative comments, jokes or behaviors directed at you because of your differences?				
See a peer stand up against negative comments, jokes or behaviors.				



STOP your thoughts! Refocus
on what is happening in the moment.

- Talk with students about their fears for standing up against inappropriate jokes, comments, behaviors that are made about people who are different from them.
- Have them generate their own ideas for each of the below three categories.
- Offer suggestions they don't identify.

Restructure Self-Talk

1. Positive Self-Talk when Someone Puts Down Others

- a. I can handle this.
- b. I've done this before.
- c. I am a competent, talented person...
- d. I have a lot to offer this person.
- e. I care.

2. Calming Self-Talk

- a. Breathe...steady...
- b. I don't have to know everything.
- c. I don't have to have the "perfect" response.
- d. I'm doing the best I can. I don't have to be the expert.
- h. If not me then who...?

3. Empathetic Self-Talk to Help You Stand Up and Step Up

- a. I wonder what this person really needs, what they are really feeling...
- b. I wonder why they feel threatened or scared?
- c. How can I better understand where this person is coming from?
- d. When have I felt similarly?
- e. When have I been treated this way?
- f. I wonder what has been this persons' experience that they respond this way?

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