



Your Daily Practice

Episode 45

Unraveling Assumptions About Oppression and Privilege with Dr. Karen Suyemoto, Dr. Roxanne Donovan, and Dr. Grace Kim

Being an advocate, ally or accomplice for social justice is an ongoing process that at times is uncomfortable. This week, use your psychological flexibility skills to open to this discomfort and take action toward valuing social justice.

Practices to try this week:

1. Take Perspective On Your Identities:

- Choose one of these 6 identities-ethnicity, race, class, sexuality, gender, or class.
- Ask yourself if this identity were changed for me, how would your life be different?
 - How would your education, your access to resources, your career path, your feelings of safety been different if you moved from an identity that is marginalized to one that is privileged?
 - What about if you have a privileged identity and you moved to an oppressed identity?

2. Take Action:

- Individual Level: How can you deepen your understanding about privilege, oppression and power?
- Interpersonal Level: How can you engage dialogue about privilege and oppression and show up as an ally, accomplice or advocate?
- What instinctual practices can you begin to challenge?

3. Continue Learning:

- Read the book [Unraveling Assumptions: A Primer for Understanding Oppression and Privilege](#)
- Listen to the [Liberation Now](#) podcast!