

Verbal and Behavioral Responses to Microaggressions

Name: _____ Date: _____

Responding to microaggressions is important to me because:

When I'm part of a conversation and someone says or does something microaggressive...

I can say:

1. _____
2. _____
3. _____

I can do:

1. _____
2. _____
3. _____

When I overhear someone saying or doing something microaggressive:

I can say:

1. _____
2. _____
3. _____

I can do:

1. _____
2. _____
3. _____

When I immediately realize I said or did something microaggressive:

I can say:

1. _____
2. _____
3. _____

I can do:

1. _____
2. _____
3. _____

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When I realize later on that I said or did something microaggressive:

I can say:

1. _____
2. _____
3. _____

I can do:

1. _____
2. _____
3. _____

When a someone tells me that I said or did something microaggressive to someone else:

I can say:

1. _____
2. _____
3. _____

I can do:

1. _____
2. _____
3. _____

When someone tells me that I said or did something microaggressive to them:

I can say:

1. _____
2. _____
3. _____

I can do:

1. _____
2. _____
3. _____

For additional copies of this worksheet, please consult Dr. Brea Banks (bmbanks@ilstu.edu)