

Roots Deeper Than Whiteness

Workshop One | Presentation by
David Dean

Shame is the intensely
painful feeling that
we are unworthy
of love and belonging.

Brene Brown, PHD, LMSW

Shame

- Shame is the single greatest barrier to growth, learning, accountability, and feeling fully human.
- When white people confront racism in society or in ourselves, shame can manifest in a multitude of ways.
- It is dangerous. It can become active self-loathing or violent self-aggrandizement.
- “They hit me with it over and over again... how white people are responsible for slavery, and they’ve got their boots on the neck of everyone else, and it was just shame, shame, shame, shame... Whites as a group have done far more for this world than any other group and I will not be ashamed to be white not here or ever... One Muslim steps wrong... put that son of a b**** in check in two seconds... that’s how it has to be here.”

- Kyle Chapman, White Nationalist

“Shame is not [remorse]. Shame is a focus on self. [Remorse] is a focus on behavior. Shame is, “I am bad.” [Remorse] is, “I did something bad.”

**[Remorse] says, “I’m sorry I made a mistake.”
Shame says, “I am a mistake.”**

Shame is highly correlated with addiction, depression, violence, aggression, bullying, suicide.

[Remorse] is inversely correlated with those things. The ability to hold something we’ve done or failed to do up against who we want to be is incredibly adaptive... it’s uncomfortable, but is adaptive.”

~ Brené Brown

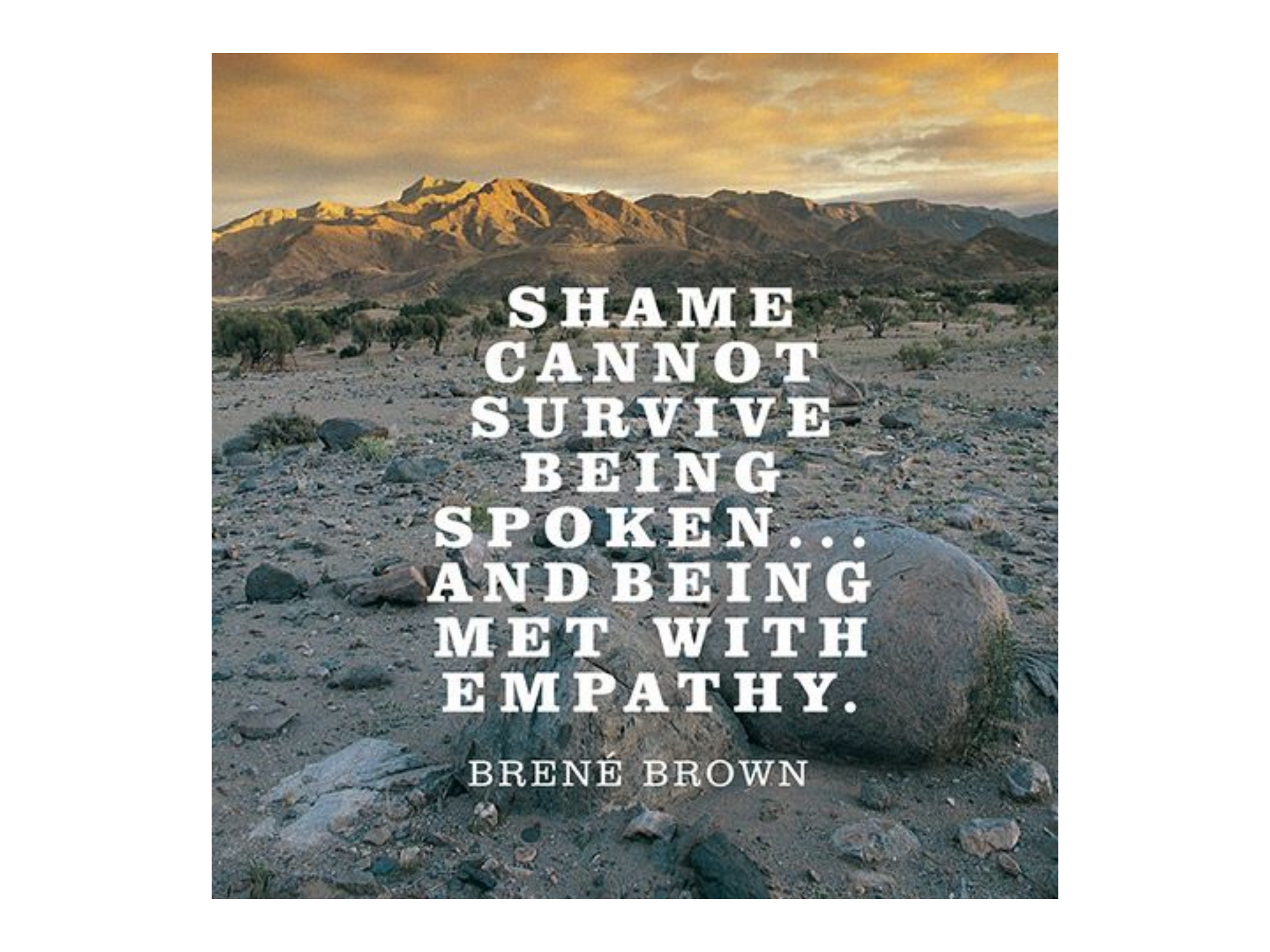
Resilience Tools

1. Mindful awareness

- “Name it to tame it” - Dr. Dan Siegel
- Ability to respond with choice rather than react

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2. Sharing our shame in an accepting environment where others are doing the same

A photograph of a desert landscape. In the background, there are rugged mountains under a sky with soft, golden light, suggesting sunrise or sunset. The middle ground shows a dry, rocky terrain with sparse desert vegetation. In the foreground, a large, smooth, dark rock sits on the ground. Overlaid on the center of the image is a quote in white, bold, serif capital letters.

**SHAME
CANNOT
SURVIVE
BEING
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AND BEING
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EMPATHY.**

BRENÉ BROWN

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3. Developing a more rooted, anti-racist identity based in a **deeper understanding of our history**

- “Antiracism work can quickly become warped if it involves white people who fundamentally do not love themselves.”
— Tobin Shearer