How do I live with my privilege?

**Internal Dialogue**

- How am I benefitting from privilege?
- How do I make myself comfortable with privilege?
- How do I ignore privilege?
- What am I doing today to undo my privilege?
- How do I fool myself into thinking I am powerless?
- How does society reinforce my taking myself off the hook?
- What people do I need to talk to so I can stay on the hook?
- What education about others do I need about privilege and its absence?
- How do I define my moral obligation?
- What are my detours?

**Action Steps**

- Develop the habit of entering situations with knowledge that others do not have privilege.
- Bring up privilege with others and learn to clearly articulate the experience.
- Ask people of color about their experience and be willing to accept their experiences as true, real, and accurate.
- Be willing to teach others and hold them accountable.
- Practice humility around privilege.
- Talk about privilege and its effects even in "uncomfortable" situations

**Reminders**

- Wear a white wristband as a reminder about your privilege, and as a personal commitment to explain why you wear the wristband.
- Set aside sections of the day to critically examine how privilege is working.
- Put a note on your mirror or computer screen as a reminder to think about privilege.
- Make a daily list of the ways privilege played out, and steps taken or not taken to address privilege.
- Find a person of color who is willing to hold you accountable for addressing privilege.

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