## **EXAMPLE: A RELATIONSHIP OF WOUNDING**

#### **External Conditions**

Highly stressed neighborhoods, limited access to economic resources, and generational wounds

## **Systems of Oppression**

Limited exposure to Black girls in the media, depictions of crime, policing in schools, etc.

We *learn* what behaviors and characteristics lead to rewards, punishment, privilege, discrimination, power, stigma, etc.

We *learn* expectations, norms, beliefs, values, roles, early identity, and what behaviors lead to rewards, punishment, etc.

# **Birthing**



### **First System**

Divorced parents, no memories of father until six, incacerated parent, abusive mother, emotional absent and detached parents

## **Core Wounds**

Fear, Shame, Powerlessness, Low Sense of Belonging, etc.

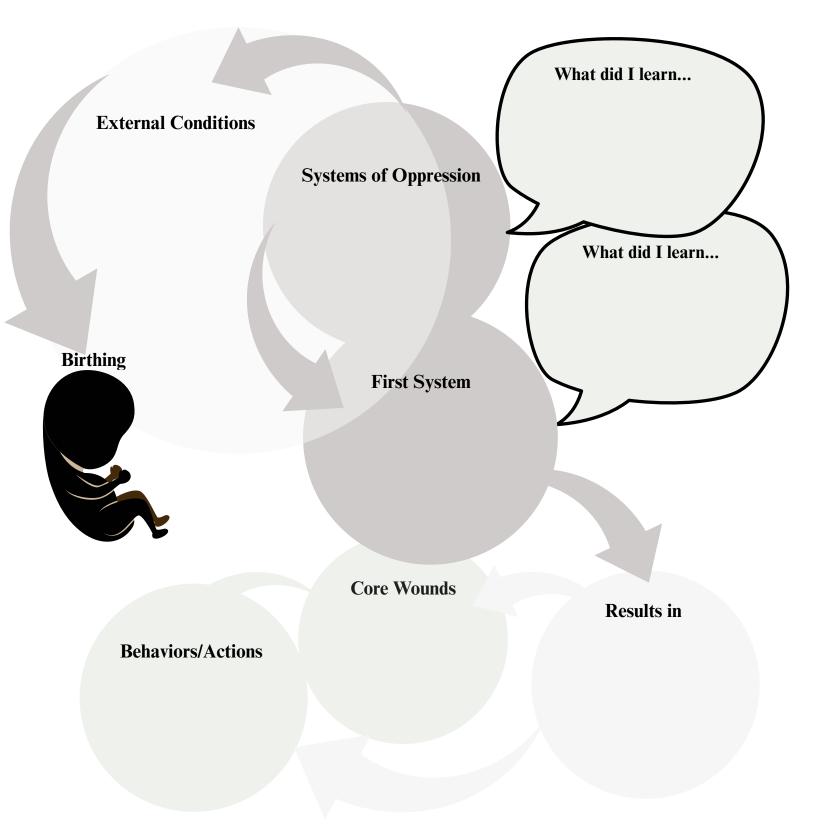
#### **Results in**

Violence, harm, dehumanization, inconsistency, tensions between self-beliefs and societal ones

#### **Behaviors**

Self-criticism, doubt, insecurities, projecting harm on self and others, etc.

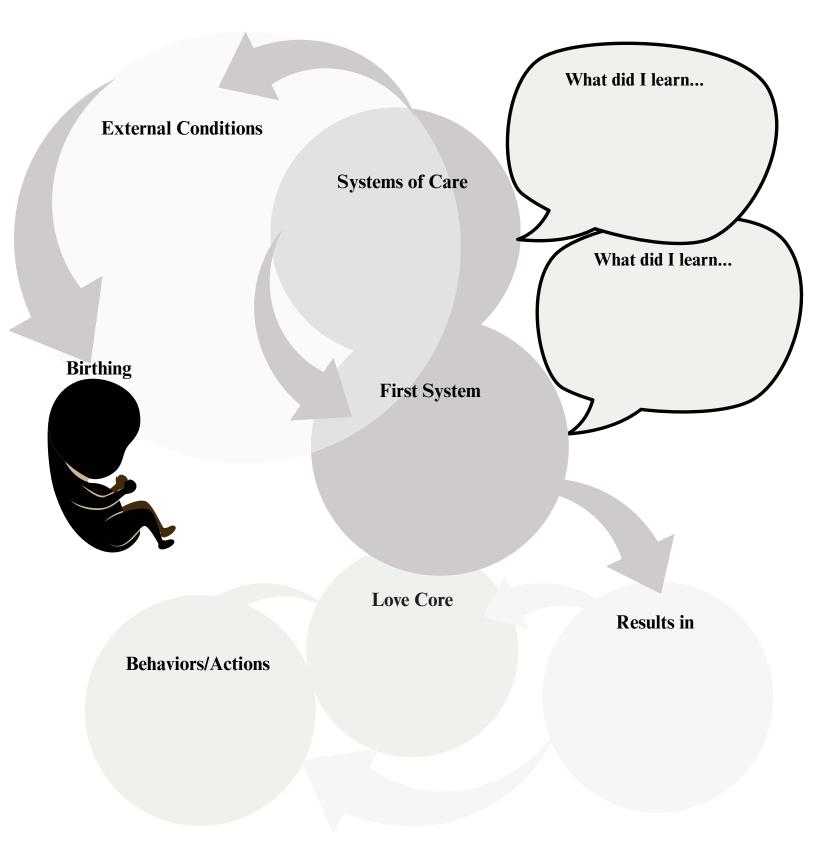
# YOUR RELATIONSHIP OF WOUNDING



### REFLECTION POINTS

Take a minute or two and ASK YOURSELF: How have systems of oppression impacted your first system and socialized you about expectations, rewards vs. punishment, and status?
Take a minute or two and ASK YOURSELF: What were some external conditions you saw around you as a child that may have been harmful, stressful, or granted you limited access to resources?
Take a minute or two and ASK YOURSELF: What did you notice or have you witnessed in yourself that resulted from the socialization you received from your first system and systems of oppression?
Take a minute or two and ASK YOURSELF: What is a core wound or behavior you notice in yourself that may be linked to systems of oppression?

# **RELATIONSHIP OF HEALING**



### REFLECTION POINTS

Take a minute or two and ASK YOURSELF: How have or can systems of care impact your first system and socialize you about different ways to see our relationships?
Take a minute or two and ASK YOURSELF: What were some external conditions you saw or would have wanted to see that were loving, caring, and healing?
Take a minute or two and ASK YOURSELF: What did you notice or would have wanted to witness in yourself that results from the socialization across these systems of care?
Take a minute or two and ASK YOURSELF: What is a love core and behavior you would notice in yourself linked to systems of care?