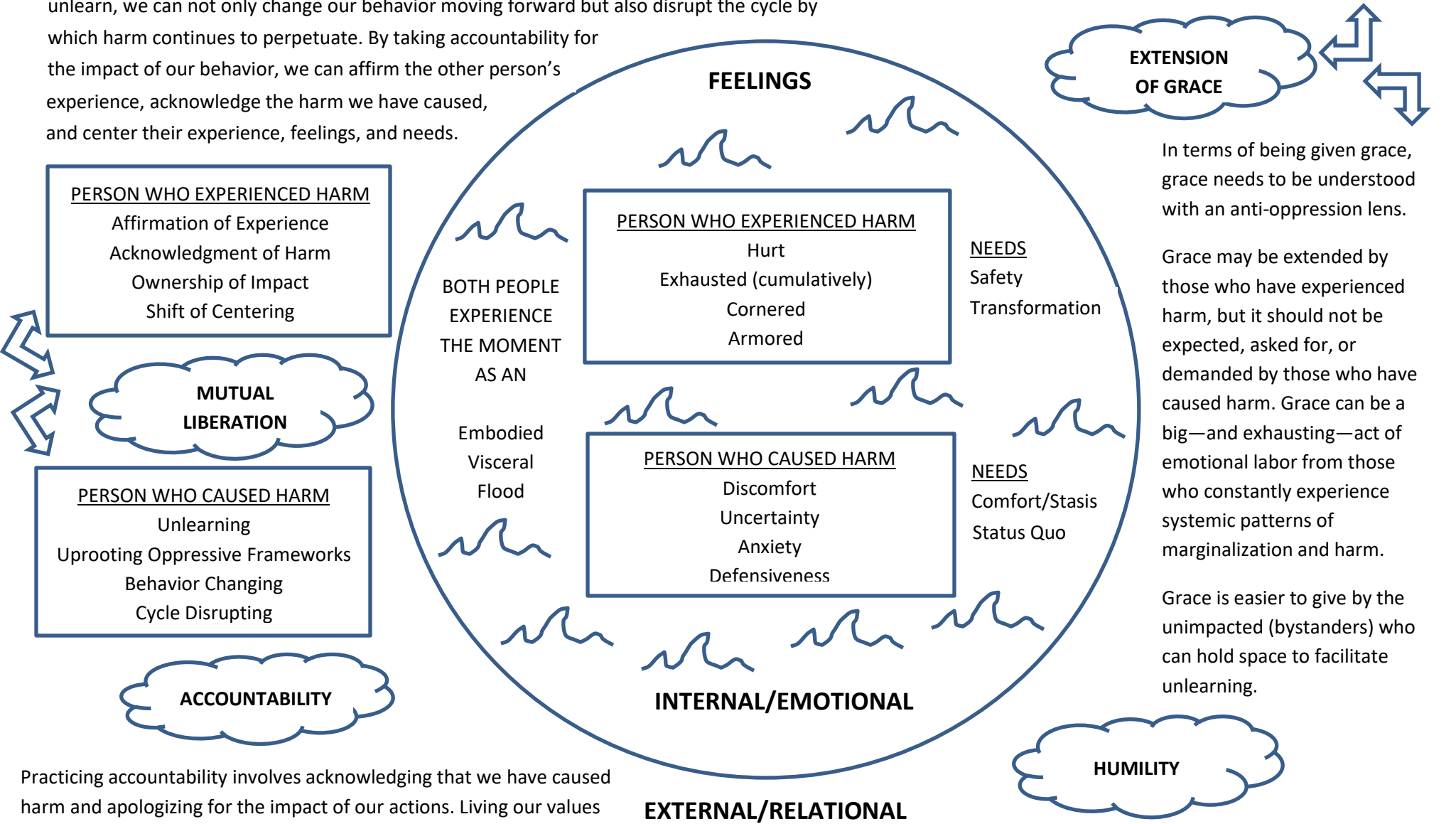


PRACTICES FOR MUTUAL LIBERATION

When we cause harm and respond with humility, we can recognize the ways our behaviors impact other people and thereby “unlearn” those behaviors, uprooting the oppressive frameworks we have internalized through socialization. By embracing the opportunity to unlearn, we can not only change our behavior moving forward but also disrupt the cycle by which harm continues to perpetuate. By taking accountability for the impact of our behavior, we can affirm the other person’s experience, acknowledge the harm we have caused, and center their experience, feelings, and needs.

When we cause harm, we need to extend grace to ourselves by understanding that everyone causes harm, that shame and self-judgment can get in the way of responding to the harm we have caused, and that living our values happens by showing up for the person we have harmed in a way that centers accountability.



Practicing accountability involves acknowledging that we have caused harm and apologizing for the impact of our actions. Living our values occurs when we understand that we often cause harm without intending to (or even recognizing that we have done so), embodying humility by focusing on the impact of our actions on the other person, and reflecting compassion by owning and apologizing for that impact.

Practicing humility involves decentering our own feelings/needs and leaning into being responsive to the feelings/needs of the person we have harmed.

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