

Poem and Quotes for White Fragility Interest Group, PYM Annual Session 2020

Poem: ["Invitation to Brave Space" by Micky ScottBey Jones](#)

Quotes from *White Fragility* by Robin DiAngelo:

"White fragility is a state in which even a minimum amount of racial stress becomes intolerable [to white people], triggering a range of defensive moves. These moves include the outward display of emotions such as anger, fear, and guilt, and behaviors such as argumentation, silence, and leaving the stress-inducing situation." (page 103)

"The simplistic idea that racism is limited to individual intentional acts committed by unkind people is at the root of virtually all white defensiveness on this topic." (page 73)

"If I believe that only bad people are racist, I will feel hurt, offended, and shamed when an unaware racist assumption of mine is pointed out. If I instead believe that having racist assumptions is inevitable (but possible to change), I will feel gratitude when an unaware racist assumption is pointed out; now I am aware of and can change that assumption." (page 132)

"The key to moving forward is what we do with our discomfort. We can use it as a door out—blame the messenger and disregard the message. Or we can use it as a door in by asking, Why does this unsettle me? What would it mean for me if this were true?" (page 14)

"Authentic antiracism is rarely comfortable. Discomfort is key to my growth and thus desirable." (page 143)