

Brief Explanation of the Stages of Recovery from Racisms®

Stages: (U)naware, (A)ware, (S)elf-Aware	Intervention for Racially Dysfunctional Thinking and Acting in White, Nonwhite, Intermediate and Colorist Communities
Denial	U: I block thoughts and situations that call my attention to racial issues A: Denial of my participation in the racial dysfunction around me and throughout society S: Denial allows me to claim "social innocence" in my participation with the white supremacy culture
Anger	U: A sense of being upset, anxious or frustrated due to the racial issues or incidents that are a part of my everyday life. A: When my experience of racial dysfunction is experienced my anger arises S: Realizing my participation in the white supremacy cultural dynamic in my thinking and acting
Bargaining	U: 'Going along to get along' in the white supremacy culture A: Finding ways to address the cause of anger that arises when our advancement in society is challenged S: The reason of my bargaining is to gain access to goods, services and social esteem in society
Depression	U: The feelings of loss and hopelessness when realizing the racial situation A: Feeling that I am overwhelmed and overpowered by the racial dysfunctions S: This feeling of depression blinds my insights and robs me of the power to act on my behalf and others
Acceptance	U: Focus shifts from powerlessness to the realization of power coming from my insights and commitment to change my thinking and acting A: I have the power to make a difference within myself and in my social circles S: Taking responsibility for my own recovery in thinking and acting
	Racial Sobriety
Re-engagement	I enter into my life with a commitment to racially sober thinking and behaving. Each act of self intervention calls forth a new energy that sustains our racial sobriety.
Forgiveness	In time I find the power within myself to move beyond my guilt and blaming others. Each act of intervention takes the toxic power of anger, resentment and hostility and transforms it into new energy for my journey towards racial sobriety.
Witness	I "pass on" to others, implicitly or explicitly, the benefits of racial sobriety. Living my witness to seeing each person as my brother or sister gives life to an emerging culture of racial sobriety wherever I am.