

BELIEVING

SOUL | MORAL

THINKING

HEAD | INTELLECTUAL

FEELING

HEART | EMOTIONAL

ACTING

HANDS & FEET | RELATIONAL

The Four Agreements

- **STAY ENGAGED**
- **EXPERIENCE DISCOMFORT**
- **SPEAK YOUR TRUTH**
- **EXPECT/ACCEPT NON-CLOSURE**

The Six Conditions

1. Focus on what is personal local and immediate.
2. Isolate race.
3. Normalize social construction and multiple perspectives.
4. Monitor agreements and conditions. Establish parameters.
5. Use a “working definition” for race.
6. Examine the presence and role of “Whiteness”.