

Tension Pairs

1	I am a good person.	1 2 3 4 5 6 7 8 9	Prejudice is infused in my psyche.
2	It's not my fault that our society is so racist.	1 2 3 4 5 6 7 8 9	I feel responsible for working to eliminate racism from our society.
3	I feel comfortable in my skin.	1 2 3 4 5 6 7 8 9	When I think about being part of my racial group, I feel uncomfortable.
4	I feel okay about the contributions I make to racial justice.	1 2 3 4 5 6 7 8 9	I'll never be able to do enough to advance racial justice.
5	I want people to think positive things about me.	1 2 3 4 5 6 7 8 9	It's okay for people to question me and think I'm doing things wrong.

Questions to consider:

- What body reactions do you notice when they are read?
- Do you notice anything in your breath or energy?
- Emotions or thoughts?
- Which sentence of the pair draws you?
 - Do both draw you?
 - Do they draw you equally?