

Healthy Racial Comeback Lines

Finding Your **Voice** When Hate is in Your Face

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Racial Literacy:

The ability to
read, recast, &
resolve stressful
discriminatory
racial encounters
(DRE)

READ

Interoceptive Awareness- “Courageous Noticing”
“Seeing Yourself Being Yourself”

RECAST

Emotion Regulation Flexibility
“Finding Your Temper”

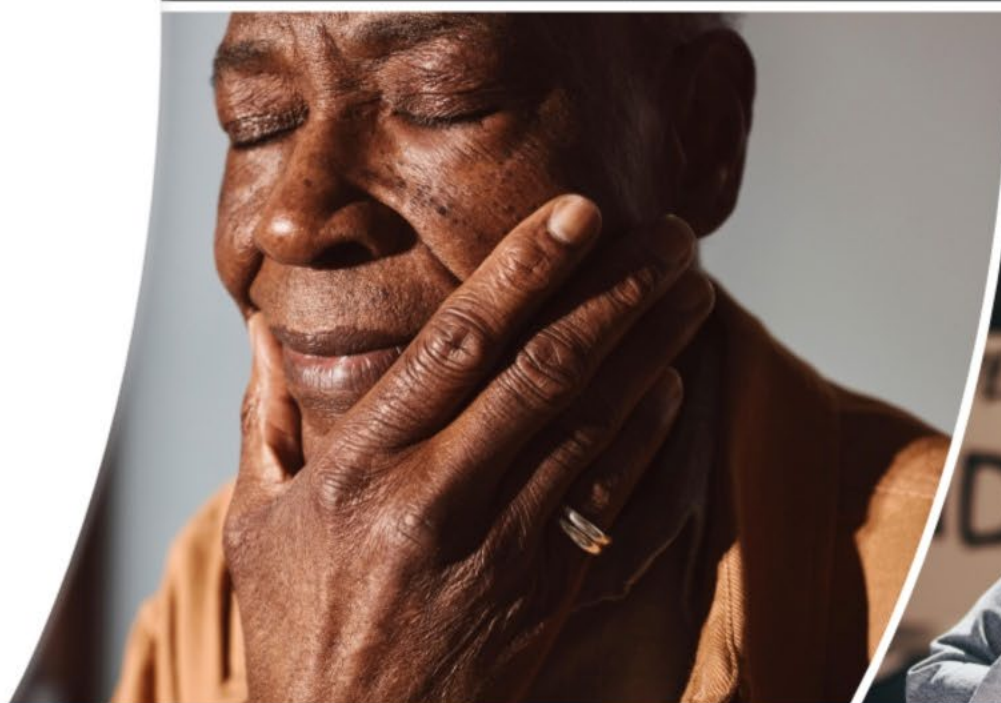
RESOLVE

Hate Confrontation
“Practicing My Voice”

(Anderson & Stevenson, 2019;
Stevenson, 2014; 2024)

Find Your TEMPER

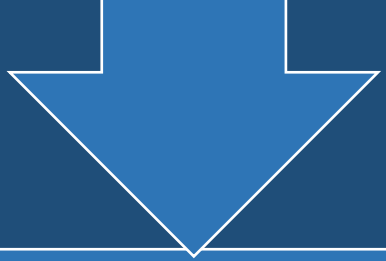
- To **temper** is to find my anger and my calm, my steadfastness and my elasticity
 - How to be rock and like water for any moment
- Finding my Temper means learning when to heat up and when to cool down during hate



Healthy Racial Comeback Lines

(Stevenson, 2014)

**“I reject your
rejection of me.”**



**“statements, thoughts, attitudes,
mannerisms, movements, words, and
assertions that allow an individual to
deflect insult or injury from
microaggressions, both subtle and
blatant, without resorting to physical
retaliation.”**



CLCBE

is a mindfulness skill that prepares you to calculate, locate, & communicate racial or resilience stress

(Stevenson, 2014)



Calculate

On a scale from 1-10, how intense are my **feelings** now?



Locate

Where on my **body** do I feel the stress?



Communicate²

1. What **Self-Talk** &
2. **Self-Images** come to mind?



Breathe & Exhale

Breathe in slowly.
Exhale slower.

Healthy Racial Comeback Line Guidelines (Stevenson, 2014)

- You **never** have to say them to the offender
- You must learn to believe it for **yourself** first
- Core Comeback Line- **"I reject your rejection of me"**
- Practice Public and Private Comeback Lines until comfortable
- Remember, "Don't say it without **practice**"
- Use your style, **movement**, attitude, rhythm, tone, personality

HOW CLCBE → Healthy Racial/Resilience Comeback Line

1. CLCBE Harm Severity (1-10) of stressful racial encounter (DRE)
2. PRACTICE Comeback Lines until they are smooth
3. RATE how satisfied you feel (1-10) about Best Comeback Lines
4. GOAL: Comeback Satisfaction Score $\geq$ DRE Harm Severity Score

Healthy Racial Comeback Line Affirmations (Stevenson, 2014)

Healing, Not Harm

Dignity, not Dehumanization

Confrontation, not Retaliation

PROMOTING RACIAL LITERACY IN SCHOOLS

Differences
That Make a
Difference



HOWARD C. STEVENSON

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