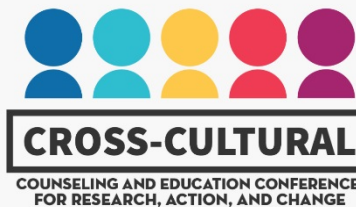




# *Black Girl Glare:* Uplifting and Edifying your Sister

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# Objectives

- 1. will be able to define and understand key terms used to conceptualize the black girl glare
- 2. will be able to reflect on thoughts, emotions, and actions when receiving or projecting the "glare"
- 3. will be able to acknowledge moments of insecurities that manifest into the glare
- 4. will increase awareness of personal glare triggers





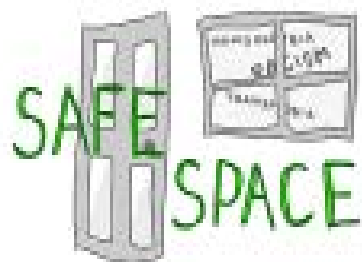
Handle  
with  
Care

# Let's Talk



**triggers**

heartbeat  
tingling  
distress  
panic  
running  
fear  
pounding  
uncontrolled  
trauma  
anger  
agitated  
sudden  
unpredictable  
cold  
anxiety  
dread  
nervous  
hiding  
numbness  
racing  
sweat  
trembling



# Purpose

the quality of transparency or purity in your thoughts.

## Cognitive Clarity



## Cognitive Dissonance

the state of having inconsistent thoughts, beliefs, or attitudes, especially as relating to behavioral decisions and attitude change.





# Background of the problem

- Historical lack of support for the Black woman
- Superwoman trope
- 360 Support (finding, giving & being)
- Internalized Racism



*Black Girl Glare* the poem  
Guided Imagery

# Reflection Activities

**1. Identify Triggers-**Identifying factors that trigger feelings of apathy, anger, or jealousy is an important step in learning how to control reactions. *Read this list of triggers and check off the ones that apply.*

- An arbitrary person looks you up and down as you enter a space.
- You see a WOC and you say in your head, “she thinks she is cute...but I know she isn’t.”
- You are waiting at a stop light and look up to notice an intense/grimaced look from a WOC.
- You see a WOC and have an immediate dislike for her for an unknown reason/ no why.
- You are unable to receive a compliment without feeling there is an underlying reason it was given.
- Other \_\_\_\_\_



1b.Quick Reflection (QR) - why are these triggers and how do they make you feel?







**2. Behavioral Awareness** is having an understanding of the impact of your thoughts on your actions towards other WOC; being aware of the impact of internalized racism on your behavior.

- Mindful Minute Mantra
- Close your eyes and repeat
  - “I am a beautiful black woman!”
    - “I love myself !”
  - “I give myself permission to love other black women!”



**3. Thought Stopping** is a cognitive intervention technique prescribed by therapists with the goal of interrupting and removing problematic recurring thought patterns. The problem thought could be a worry, an obsession, an urge, an unwanted habit, shade, etc.

List examples of ways you can thought stop

- Snap rubber band
- Smile intentionally
- \_\_\_\_\_
- \_\_\_\_\_



4. **Cognitive restructuring (CR)** is a process of learning to identify and dispute irrational or maladaptive thoughts known as cognitive distortions.

• *Ex: After receiving comments about a work presentation, a person focuses on the single critical comment and ignores what went well.*

• List ways you can restructure your thoughts:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

# Glare No MORE



Trigger	Automatic Thought	Thought Stopping	New Thought



# *Discussion*, TakeAways & Revelations



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