

BECOMING INCLUSIVE

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IGD STAGE 2:

Examine Identity

REFLECT

MINDFULNESS

Be mindful of **choice, action,** and **thought,** and **be present.**

EXPERIENCES

What experiences do I carry that **still hurt** and **impact** my **awareness** today?

BELIEFS

Examine passed-on **feelings,** **views** of others, and **perceptions** of **conflict, fear,** and **change.**

SHARE

How will I **talk** about my experiences with others?
Am I **willing to listen** to their experiences?

LEARN

What **happened**?
What can we **learn**?
How does **sharing** help us **understand**
and **appreciate** similarities and differences?

APPLY

PREPARATION

How does **sharing** and **learning** from one another prepare us for deeper conversations?

COMMONNESS

Replace anxiety with **time** and **space** for **re-learning.**
Explore **values** that may be **common** to us all.

VIEW

Experiences are perceptions. **Redefine** and **redress** equality for all.

Want to learn more? Visit igd.iupui.edu