



ACTIVITY 1

Racialized Trauma Self-Assessment Checklist

This self-assessment is designed to help you begin to explore your experience of racialized trauma. Read the statements in Table 1.1 and place a check mark under Yes or No, as the statement applies to you. Reflect on the qualities of racialized trauma you endorse as you complete the activities in this section.



TABLE 1.1
Racialized Trauma Self-Assessment Checklist

Question	Yes	No
1. I have been physically assaulted because of my race.		
2. I have been verbally assaulted because of my race.		
3. I have been denied access to resources such as loans, mentorship opportunities, promotions, etc. because of my race.		
4. I have been racially profiled by the police, store security, etc.		
5. I feel panic when I see the police.		
6. My work environment is hostile due to race-related issues.		
7. I have been mistreated on the basis of stereotypes.		
8. I have seen Black or other people of color mistreated because of their race.		
9. I feel guarded when around White people.		
10. I avoid being around Whites for fear of how the interaction might go.		
11. I feel sad about things connected to race/racism.		
12. I feel anxious or worried when around White people.		
13. I sometimes re-live negative encounters with race (e.g., have nightmares or daydreams about the event, ruminate about what happened)		
14. I experience a negative mood connected to race-based issues (e.g., anger, anxiety, or depression).		
15. I have physical complaints when I think about my experiences with race (e.g., stomachaches, muscle pain, rapid heart rate, difficulty breathing).		
16. I have negative thoughts about White people.		
17. I feel inferior when I compare myself to White people.		
18. I feel hopeless about the future at times because of race.		