WHEN BRAVE CONVERSATIONS ARE HARD, DON’T MAKE THEM HARDER.

**IF YOU** say something that just doesn’t come out right, and you suddenly realize it was insensitive or offensive, say “OOPS!” to acknowledge your mistake and try again!

**IF SOMEONE ELSE** says something that just didn’t come out right, and it hits you in the feels, say “OUCH!” to acknowledge the hurt and allow them to try again!

**IF THE CONVO IS MOVING TOO FAST** and you can’t keep up, you’re not following, or you don’t understand/aren’t familiar with something, say “WHOA!”, pause, and seek clarity!

ADAPTED FROM THE WORKS OF ANNALISE GRIFFIN (2020) AND SHELA LINTON OF THE ROOT SOCIAL JUSTICE CENTER (N.D.)

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