

## QUESTIONS TO CONSIDER

### Baggage

We all carry a suitcase. The outside of that suitcase is the culture we are born and raised in – our “skin” (anything that is readily apparent without speaking to us). Inside the suitcase are the stories we’ve lived and learned.

1. What story in your suitcase colors/colored how you view/ed strangers of another culture or identity?

### Identity

We all have identities into which we were born, and those we take on. There are also those we proudly claim and those we repress.

1. What identities were you born with?
  - a. Of those, which do you claim and/or reject?
2. What identities have you acquired?
  - a. Is this for social, economic, ethical, legal, spiritual purposes? Other?
3. For the parts of your identity that you rejected/suppressed, how have others you respect navigated this? How have others that you don’t respect navigated this?

### Judgment

1. When have you been unjustly judged because of your identity? What was assumed about you that was untrue?
2. When were your assumptions about a cultural “other” wrong or unfair? What opened your eyes? How did that change how you felt about/treated others of that culture afterward?

### Injury

1. What’s a time you’ve allowed someone of an identity different from your own to be treated or spoken of badly or wrongly by someone who identifies similarly to you (Could be a family member, friend, or colleague)? How has that incident changed you?

### History

Many of us struggle less than our ancestors. Many of us have made it to a place of relative comfort and have had to create a firm dividing line between where we are and where we’ve come from.

1. What struggles of your people are you ignorant of/ignoring?
2. What troubles of the past influence your present actions/thoughts/words?
3. Which struggles are baggage that help you be a stronger, better person?
4. Which are baggage that trigger you and weigh you down?

## LISTENING NOTES

**As you listen to others, jot down words and/or phrases you hear them say that resonate with you (or move you in whatever ways). Use the back of this page for this purpose**

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