Racism Scale: Where do you fall?

Feelings of ‘White Guilt’ can lead to:

Terrorism  Overt racism  Subconscious racism  Indifference  Defensive  Justification  Denial

I would/have killed a black person simply for being black
Whites are the superior race
Blacks are naturally more violent/less intelligent
I’m not racist but...
The way things are is god’s will
Thugs
That has nothing to do with me
It’s just a joke
But black on black crime!
We had a black president therefore black people are not oppressed
Racism no longer exists

I inflict fear upon black people on purpose
Whites are under attack/will be minorities soon
That is their problem, not mine
But black on black crime!
We had a black president therefore black people are not oppressed
Slavery ended 200 years ago

I don’t see color
I just don’t like ‘ghetto’
If he/she had just...
What about reverse racism?
I have black friends

and compound many of these behaviors

White Savior  “Woke” Justification  Performative Ally  Awareness  Allyship  Abolitionist

Whites were slaves too
There are plenty of successful POC: they just need to work harder
If we can’t use the “N” word, they shouldn’t either
There is only 1 Race, the human race.
There is no need for POC to have their own safe spaces; we are all one
Love conquers all.

I will help you, but only if I lead
I want our help they should be nicer/more respectful
If they want our help they should be nicer/more respectful
If they want our help they should be nicer/more respectful
I expect praise and/or publicity

Systemic racism is very real and needs to be ended
My experience as a white person is drastically different than that of a POC.
Yes, my life as a poor white person has been hard but it isn’t as hard as if I were poor AND a POC.
I will make space for POC

I will put my safety, health & freedom on the line to fight for POC. I will let them lead and not try to be at the center.

*Note: It is common for many people to move back and forth along the scale regularly, especially the middle parts
**The term “blacks” is used to be more familiar to anyone of those mentalities
****Blacks” can be substituted with people of any nationality/ethnicity other than European white