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TOGGLE. What's the bigger picture? What do you see if you look through the lens of an identity? What system is at work? Who benefits or gets off the hook?

R

REMEMBER. Everything you've survived. Every ingenious, scrappy move you've made. Where you've come from. **WHO** you've come from. **REMIND YOURSELF.** (List it!!!)

U

UNLEARN. What's your usual reaction? What's the opposite action? What are the creative alternatives?

E

EXPRESS. Say it. Do it. Send it. Post it. Breathe it. Live it. Create art or practices from it. Share it. **TEACH IT.** What's the express move you'll make?

X

GET EXPONENTIAL. Group Texts. Regular Meetings. Membership in organizations and groups. Backchannels. Peers. **FRIENDS.**