



PERSONAL JOURNEY



KEY CONCEPTS

- Comfort
- Privilege
- Identity
- Individualism

- Power & Shame
- Worldviews
- Erasure
- Ways of Being
- Truth Telling

- Assimilation
- Structures
- Decolonisation
- Bias
- Courageous Conversations

- Vulnerability
- White Fragility
- Restoration
- Sovereignty
- Continuity

RESOURCES

[Get Comfortable Being Uncomfortable](#)

The Dreaming Path by Paul Callaghan & Uncle Paul Gordon

[The myth of Aboriginal Stories being myths](#), Jacinta Koolmatrie (Adnyamathanha)

[How 'White Fragility' reinforces racism.](#)

WB [What is Privilege](#)
Learn about the wheel of privilege.

[Naardi Simpson - Gifts across space & time](#)

[Ask Us anything: Aboriginal and Torres Strait Islander Peoples](#)

[Finding Eliza: Power & Colonial Storytelling](#) by Larissa Behrendt to recognise the continuity of colonial narratives — and your responsibility in rewriting them.

WB Take the Ally Safe Behaviours Checklist.

Yoorrook Truth & Justice Commission - [youtube playlist](#)

Review the United Nations Declaration on the Rights of Indigenous Peoples ([UNDRIP](#)).

[NITV - "In my blood it runs".](#)

WB Wheel of Power & Privilege: A reflective exercise

WB Worldviews - Land Back resource

[My Stolen childhood, and a life to rebuild, Sheila Humphries](#)

[Megan Davis explains Uluru Statement from the Heart.](#) What is meant by 'we had never met'.

WB Values - Worksheet

Purchase ['Our Systems, Our Stories'](#) card deck & complete the Ways of Being sort.

WB Review the Bias resource and identify when you have exercised unconscious bias.

WB Complete the 30 Day Challenge - Unpacking privilege & biases

WB Write your positionality statement

WB Take the Ally Safe Behaviours Checklist again, has it changed? Reflect on why.

WB Write your own [glossary](#) for terms identified in this work.

Establish an 'Accountability Circle' where you can reflect on your progress together.

Share your positionality statement with a close friend or business associate, ask them to point out any blind spots.

Have a courageous conversation with someone to challenge their understanding of Australian history.

Conduct your own research on the Black history of your state focussing on Frontier Wars. Watch this [video](#) first to get started.

Read **Active Ally** then write down everyday actions to amplify Allyship. Next, call someone out on what you'd like to see using the [REACT-R](#) model.

TAKE ACTION

AMPLIFY

- Listen Discuss **WB** - Activity in workbook Read Watch Think Amplify