The **Black Lives Matter Movement** protests the killing of Black people by on duty police officers. BLM challenges racial profiling, infrastructural racism, systemic inequalities and white supremacy. Unsurprisingly, perceptions of Black Lives Matter and racism in [America] varies considerably.

Every person approaches information at their own spacetime. BALSAMIC is a 2D representation of 4D (meta)cognitive processes; it’s designed to help you consider your own position, share your beliefs, and to help you better understand the perspectives of others.

<table>
<thead>
<tr>
<th>Buy In</th>
<th>Accommodate</th>
<th>Let go</th>
<th>Stick it out</th>
<th>Avoid</th>
<th>Masticate</th>
<th>Introspect</th>
<th>Challenge</th>
</tr>
</thead>
</table>

I agree, America has a dominant culture of racism. **Most people in America hold prejudices against other races.**

I want to understand other people’s identities to become an ally to people of color.

I accept that racism exists but I try not to think about it because it doesn’t impact me every day.

I think it’s important to have difficult conversations on race, culture and privilege.

Racism and identity is a sensitive topic I generally try to avoid.

Civil Rights is an evolving journey. I see things slowly getting better/worse over time.

I’ve thought deeply about my own beliefs on race. I know how I want to behave in situations involving race.

I disagree, America doesn’t have a dominant culture of racism. **Most people in America have respect for other races.**

1) **X the boxes** that connect with your current position. 2) Share your truth. 3) How do we make it better?

**Example - B** - I agree, most people are prejudiced against other races in the US. I see it everyday on facebook, twitter, instagram, tik-tok, other social media, and on the news. People have real baggage around race and the history of racism in this country that continues still today.

**Example - L** - Being mixed background I let go of the concept of “RACE” and instead think about my identity as what I choose to take part and participate in. I don’t let RACE define or determine my behavior and interactions with others.

**Example - S** - Being white I feel attacked whenever the topic of race is brought up. I feel I have to stay quiet during the conversation where race is the inside joke. Whenever race is brought up I am told I have privileges I don’t see, don’t have, or don’t take advantage of.

Black Lives Matter Self-Assessment - EPICmotivations.com