

## Facing and Disrupting My White Body Supremacy Persona

The call is growing daily for white people to show up and do our work to disrupt and dismantle systems designed to give whites an unfair advantage over BIPOC peoples – in the workplace, in education, in healthcare, in our unjust legal system and in the inner reaches of our unconscious bias.

The work is daunting and takes diligence. There is no perfect way to do this work. And my White Supremacist Perfectionist persona doesn't like that.

She is oh so good at holding in all my feelings, waiting for the perfect moment to speak, rehearsing what I will say, criticizing me when I do speak up, and rehashing what I said and how I could have said it better. I'm tempted to criticize and reject her: "What a waste of perfectly good activist energy!"

And then I pause and remember (thanks to a suggestion from my friend Audrey!) that hidden within every persona are gifts of Essence.

So I step into and exaggerate her body posture (prim, tight-assed, pursed lips and wide-eyed). Ask her if I may interview her. She obligingly says "Yes." My Good Student (definitely a related persona) has my Persona Interview Questions memorized, so here we go:

### **What would you like to be called?**

"You can call me WBSP – White Body Supremacy Persona"

### **WBSP, What's most important to you?**

"Oh, I don't mean to brag....but simply doing the very best I can AND getting recognized for that."

### **WBSP, what are you most proud of?**

"Oh, I'm very good at planning. Rehearsing, so whatever I say comes out sounding polished. It's always best if I write it down first."

### **WBSP, when did you make your first appearance?**

"In middle school. I went on my first date with an Asian guy. And even though I planned my outfit and he brought me a little gold circle pin gift, I was SO nervous about everything I said, and at the same time inwardly so

judgmental of everything he said! And afterwards, to hide my own discomfort about this dating disaster, I made fun of his facial expressions to my friends.”

**WBSP, who did you learn your style from?**

“I think my mom was pretty anxious about speaking up about anything – afraid of being criticized. And clearly, at least where I grew up, the white kids getting the best grades were the ones who got into the best schools and so forth. So I put my attention on studying and getting good grades.”

**WBSP, what are you most afraid of?**

“Being criticized. Not being good enough to be seen as perfectly capable.”

**WBSP, what do you really want?**

“What I really want is to be loved for who I am. And I want to live in a society where everyone can be loved for who they are and supported to thrive. And I want to help to create that society.”

Ah! Stepping out of WBSP and doing a fear melter dance, I wiggle and jiggle my whole body, ooze my shoulders and scrinch up and yawn wide my facial muscles.

I notice I am surprised that under this persona’s school girl primness lives a passionate desire to co-create a just society. Here is my Essence, rising up. And I have tears brimming.

Writing this blog I am stepping outside the comfort zone of WBSP. Letting you into my inner growth circle. I feel glad to take another step – honoring my commitment to take a step daily now to face into and deconstruct racism.

And I am curious. Hmmm...are any of your personas unconsciously conspiring to keep racism in place? The work of building caring community takes having the courage to wonder and reveal to each other what we discover.

---

Kristina Turner lives on the ancestral lands of the Puyallup peoples, on Vashon Island, WA. A descendent of English, Romani, Irish and French ancestors, she is committed to facing and unwinding the colonizing

worldview she inherited that causes so much pain and divisiveness in our society. Kristina loves engaging with social change-makers to translate our fear, frustration and grief into body-intelligent action steps that expand and land visions of equitable, caring community. A Big Leap Coach on the Restoring Resourcefulness Faculty of the Foundation for Conscious Living, she delights in co-facilitating circles that open hearts as we discover fresh ways to transform our most pressing issues together. Learn about her coaching and current circle offerings at [kristinaturner.com](http://kristinaturner.com)