

# Cycle of Liberation





How/where can I begin to reach out to begin doing things differently?

- 1
- 2
- 3
- 4

**Getting Ready**  
Empowerment  
Gaining  
Dismantling  
Developing

Find people like you

- 5
- 6
- 7
- 8
- 9
- 10

Find people different from you

**My Identity:**

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Select one of your identities to reflect on for this activity.

Waking Up  
/  
Maintaining

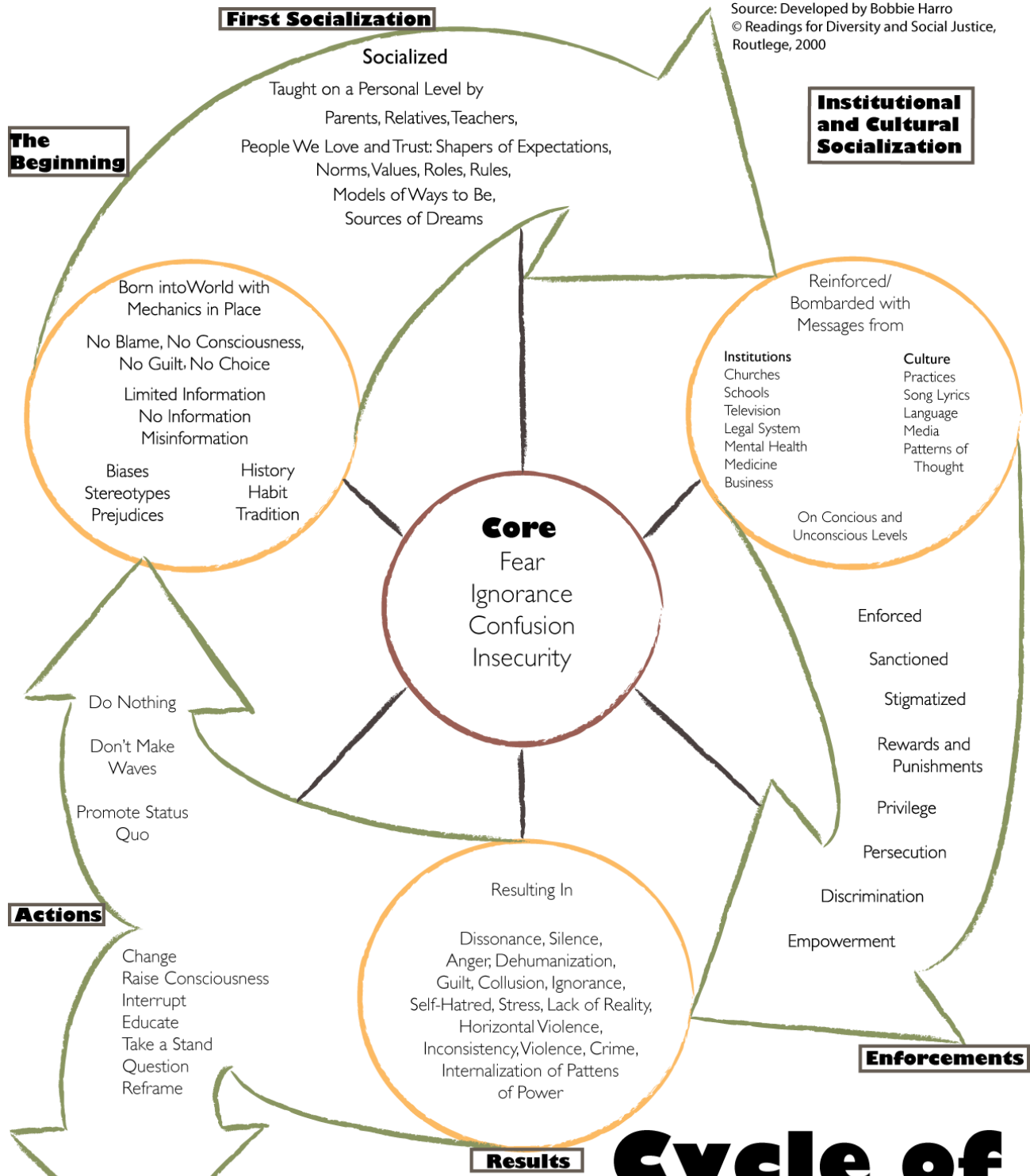
Action steps interrupting oppression

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What are some of the structural changes that need to happen? What did you learn?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 8.
- 9.
- 10.

Source: Developed by Bobbie Harro  
© Readings for Diversity and Social Justice,  
Routledge, 2000



**Direction for Change**

# Cycle of Socialization



What messages did you get from family, friends, caregivers?

- 1.
- 2.
- 3.
- 4.

Institutional

5.

6.

7.

Cultural

8.

9.

10.

## The Beginning

A lot has happened since for your beginning shaping your consciousness.

My Identity:

Select one of your identities to reflect on for this activity.

What happened when you challenged or questioned?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Status Quo

Change

How did you feel?  
What did you learn?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

## Appendix 3C

# Matrix of Oppression

Matrix of Oppression

Social Identity Categories	Privileged Social Groups	Border Social Groups ↔	Targeted Social Groups	Ism
Race	White People	Biracial People (White/Latino, Black, Asian)	Asian, Black, Latino, Native People	Racism
Sex	Bio Men	Transsexual, Intersex People	Bio Women	Sexism
Gender	Gender Conforming Bio Men And Women	Gender Ambiguous Bio Men and Women	Transgender, Genderqueer, Intersex People	Transgender Oppression
Sexual Orientation	Heterosexual People	Bisexual People	Lesbians, Gay Men	Heterosexism
Class	Rich, Upper Class People	Middle Class People	Working Class, Poor People	Classism
Ability/Disability	Temporarily Abled-Bodied People	People with Temporary Disabilities	People with Disabilities	Ableism
Religion	Protestants	Roman Catholic (historically)	Jews, Muslims, Hindus	Religious Oppression
Age	Adults	Young Adults	Elders, Young People	Ageism/Adultism

