Get Comfortable Being Uncomfortable

Before we get started, it’s worth the time to note that this sort of habit-shifting can feel like hard work. It might make you feel defensive, nervous, frustrated, or embarrassed. All of those feelings are common and okay.

The truth is, even people who advocate for diversity and inclusion often feel uneasy about choosing the best words for identities they have not often encountered. But that’s good news! In fact, your sensitivity is evidence that you are learning. It means you’re starting down the right path.

What’s important is that you take those first steps. Start learning, and start practicing. Get comfortable being uncomfortable. Along the journey, you will certainly make mistakes, but you will also find that people are forgiving when they know you are working to be more inclusive. Ready to get started? Here we go.