

# Dialogue

INHIBITOR:

## Microaggressions

*[adapted from Sue, D. W. (2010). Microaggressions in everyday life: Race, gender, and sexual orientation. Hoboken, N.J.: Wiley.]*

**Microaggressions** are commonplace *verbal, behavioral, or environmental indignities*, whether intentional or unintentional, that communicate *hostile, derogatory, or negative slights* and **insults** to historically marginalized peoples.

While these everyday **slights** are often committed unintentionally, the **emotional harm** of having daily reminders of one's *perceived social difference* and inferiority can be **overwhelming and debilitating** for marginalized peoples.



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