

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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do you want to make?

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