Common Words of Interruption

Full document can be found at: https://academicaffairs.ucsc.edu/events/documents/Microaggressions_InterruptHO_2014_11_182v5.pdf

- “I’m curious. What makes you ask (say) that?”
- “So, what do you believe in? Can you elaborate?”
- “So you feel that everyone (repeat statement). Can you give me some examples?”
- “It appears you were uncomfortable when ___said that. I’m thinking that there are many styles to express ourselves. How we can honor all styles of expression—can we talk about that?”
- “I was so upset by that remark that I shut down and couldn’t hear anything else.”
- “Don’t we want to teach children that adults don’t touch their bodies without permission?”
- When I hear that remark, I’m offended too, because I feel that it marginalizes an entire group of people that I work with.”
- “I would like to participate, but I need you to let me finish my thought.”
- “Pardon me sir, is there a problem here? Can I help you understand?”
- “I didn’t think this was funny. I would like you to stop.”
- “So you don’t see color. Tell me more about your perspective.”
- “I have a concern about ...?”
- “So you believe that _____will get tenure just because of his race. Let’s open this up to see what others think.”
- “How might we examine our implicit bias? What do we need to be aware of?”
- “Pardon me, this is not a time or place to talk about that. Is there some other topic you are interested in exploring?”
- “How does what you just said honor our colleague?”
- “What impact do you think this has on the group dynamics? What would you need to approach this situation differently next time?”
- “I wanted to go back to a question you asked; I’m wondering what made you ask that question and what message it might have sent to her.” “I heard what _____ said to you yesterday. I thought it was inappropriate and I just wanted to check in with you.”
- “I don’t tolerate that kind of language. Can we talk about other ways to say that?”