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Newsflash: Nobody Cares About You Being a ‘Good’ White Person But You

I cringe anytime a white person gives what I call their “good white person resume”. The one where they explain the ways they’ve done good things for Black people, storytell about their encounters (positive or negative) with Black people - any will do, or tell of the Black best friend they had when they were in third grade (or the Black girl they dated in middle school, etc.). Oh yeah, it can show up in the form of out-of-nowhere blanket apologies for general oppression or about anything bad any white person has ever done in the past, or even general apologies just in case you might have done something sometime and didn’t know it was harmful. Maybe you’ve done it before?

There’s usually no connection to the actual conversation that’s happening. I’m left guessing “Why are they telling me this?” Sure, I could ask, but I know that when white fragility arises, I’m left looking like the bitch or being the one who is closed off for wanting such clarity. Most times, it’s simpler to just listen, hope the time passes quickly, and that it only requires me to eek out a “Wow. Thank you for sharing,” before they ask me for a hug and move on.

Every time, I pray that there are no additional questions or requests for advice. And no tears. Please no tears.

If the tears come, there’s no way this ends without a ton of my personal emotional labor that I never asked for and for which I get no recompense.

These encounters often land violently on the system of the person who has to hold them. They’re often energetically demanded from the white person.

It’s equal parts predictable and draining.

When people share in this way, I can see that it’s often with the conscious intention to find a point of connection. But the unconscious intention generally points to a shame-based compulsion to prove, in some way, that at the very least you’re not bad; and ultimately that you’re still a good person.

Here’s the thing: nobody cares if you’re a good white person but you.

If you’re honest, you might not even care about it! It’s an autopilot response and not truly as thoughtful as you wish it were. Your ego does care, though. It, your beliefs, your values, and

your nervous system have been programmed by white supremacy to react when something confronts this sense of yourself. You're conditioned to associate your sense of self and safety with being good.

If you are good, you will earn good things and be praised. If you are not good, you deserve criticism and critique and punishment.

Living life in this dualism leaves no space for nuance and leaves you playing small.

Antiracism isn't about your ego being soothed. It's for equity, justice, freedom.

You can let go of this ideal to reclaim and embrace your full humanity!

This is good news! Good news for you because when you let go of shame-based remains of white supremacy, you get to expand more into who you were created to be. When your ego doesn't need to be validated as good or perfect, you can move forward with more authenticity and true connection.

When you show up from needing to prove, it's a sure fire way to slide into performative wokeness and white saviorism, and to hold your 'good intentions' over someone even when the impact is trash. Harmful AF.

When you give this up, it's also great news for the people of color or other historically oppressed identities who have had to hold your emotional baggage in your attempts to prove yourself. They don't want to hold your white guilt. They have enough of their own pain and trauma to hold. It's time you start taking responsibility for your own experience navigating whiteness. You're created for more.

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I know this topic usually brings up a lot of reactivity. White people jump in to tell me that they had good intentions. Conscious intentions play a small part when you haven't interrupted these conditioned responses and unconscious intentions (which are more about protecting yourself).

Don't @ me. Do your work!

Look up: microaggressions, white guilt, white innocence, white centering
(LOL. You can respond. Just don't do it from your reactivity. Thx.)

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