

IMPACT VS INTENT

for support:

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OUR UNCONSCIOUS BIASES MIGHT BE IDEAS THAT GO AGAINST OUR CONSCIOUS VALUES

When we say something hurtful, it can be hard to integrate what we just said with who we see ourselves as because those two things may not be in alignment.

YOUR INTENTION AND YOUR IMPACT ARE TWO DIFFERENT THINGS

Because our biases are different from our conscious beliefs, we may argue our intention over the impact our words and actions have when we get caught saying something harmful or offensive.



WHEN WE CAUSE HARM IN WAYS WE CAN SEE AND UNDERSTAND...

WE TEND TO REACT FROM A PLACE OF IMPACT.





UNDER THESE CIRCUMSTANCES WE TEND TO...

Apologize.

Check on the other person.

Clean up the mess we made.



WHEN WE CAUSE HARM WE CANNOT SEE AND CANNOT UNDERSTAND WE TEND TO...

Disregard the harm we caused.

Argue our intention instead of apologizing for the impact of our words/actions.

Leave the mess for someone else to clean up.

**WHAT IF WE REACT TO HARM WE CAN'T SEE THE
SAME WAY WE REACT TO HARM WE CAN SEE?**





CENTER THE IMPACT OF YOUR WORDS AND ACTIONS

“I’M SORRY FOR THE HARM I CAUSED.”

Listen instead of debating your intention.

INTENTION STILL MATTERS

What you meant and whether or not you meant to hurt the other person will factor into how, or if, you move forward in relationship.

CENTERING IMPACT FIRST ENSURES
ACCOUNTABILITY, REMEDY, AND A SMOOTHER
ROAD AHEAD.

FOR MORE SUPPORT:

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