

DiAngelo, Robin. J. (2011). *White fragility*. International Journal of Clinical Pedagogy 3 (#), 54-70.

This article describes White Fragility as a psychological state that White people often experience when exposed to minimal amount of racial stress. White Fragility is a defensive reaction that triggers both emotional reactions (fear, anger, guilt) and behavioral responses (unresponsive silence or flight). Because White people have been insulated from racial stress the expectation for racial comfort is experienced as a social norm. Learning to sit with racial discomfort and to engage in dialogue about racial situations is essential to building a non-racist society.

Group professionals will better recognize and respond to racial stress when we are aware of the defenses that arise from white fragility that cause us to avoid race talk.

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