

Decolonize First

a liberating guide & workbook
for peeling back the layers
of neocolonialism

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The Fifth Stage is Acceptance

Acceptance of settler-colonialism does not mean it's acceptable or OK. It is easy to slip back to denial or bargaining or anger here but staying in relations with acceptance is key. Accepting the harm of settler-colonialism, as well the benefits, is needed to examine our complacency honestly and activate the strengths we need to catalyse change.

Giveaway

A giveaway is an action you can bring forward into community. Ex: Volunteer at an Indigenous organization.

Takeaway

A takeaway is something you've learned / unlearned through the work. Think of it as your "AHA" moment.

Reflect on your own experience. Decolonizing is a continuous and conscious practice. Create an acceptance checklist. Include reminders of progress; phrases to repeat to yourself if you slip back into another stage of grief; self care and community care techniques for living with acceptance of settler-colonialism. Try to also write one Giveaway and one Takeaway from your experience of the teachings in this workbook.



Decolonization is an ongoing, complex, and personal practice.



For a deeper dive into grief & colonialism, and the medicine we can share, check out *Decolonizing Wealth* by Edgar Villanueva, Lumbee Tribe, www.decolonizingwealth.com

“Every day we are on this land, it connects us to the teachings of our Squamish ancestors. When we think of the tenacity and love that brought us here to this moment, prayers for the next generations that will be a part of this beautiful weaving together of our lives. To dissolve barriers and clear the path to living a life, where have the connections to the land we live on, and the people on this land, feel invited to work together, one mind one heart, moving forward together.”

-Chepximiya Siyam' Chief Janice George



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