Twitter Thread by roopa • no caste



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@RadRoopa



I was speaking with my therapist today about a particular situation and she said, “People despise competence; mediocrity is non-threatening.”

THIS.

LET ME TELL YOU - I’ve been seeing her for two years and it’s been TRANSFORMATIVE. I’m the happiest I’ve ever been. Unravelling toxic behaviours, more awareness about thought + behaviour patterns, clarity of thought, relationships repaired/repairing, validates + calls me out.

I, of course, know this statement rings more true when you’re a woman, especially a woman of colour: I am both and she was talking directly to me. LOL.

The amount of Black folks for whom this resonates, particularly Black women - I SEE YOU AND VALIDATE YOUR BRILLIANCE■

JUSTICE FOR #BreonnaTaylor AND #JoyceEchaquan!

Here’s the thing abt therapy: You’re told things u already know BUT it’s how it clicks for u in that very moment + allows u think in a new way.

As an educator, see this all the time: I tell a S something, they get it, but later they REALLY get it + it fossilized in the brain.