# Complicity Cleanse

## Foundations

### Appetizers

“I grew up in traditional black patriarchal culture and there is no doubt that I’m going to take a great many unconscious, but present, patriarchal complicities to the grave because it so deeply ensconced in how I look at the world. Therefore, very much like alcoholism, drug addiction, or racism patriarchy is a disease and we are in perennial recovery and relapse. So you have to get up every morning and struggle against it.” --Dr Cornel West

### Mains

- [What is Patriarchy?](#)
- [Understanding Patriarchy](#)

### Sides

Take these [implicit bias tests](#), -- try to take the RACE, GENDER-CAREER and ARAB-MUSLIM today. It will help set up the rest of the cleanse. Note your results in a place where you can refer to them later, this will be useful for the remainder of the cleanse.

Talk about patriarchy. After digesting some of the main courses, get together with a couple friends and talk about how you might be complicit in perpetuating the patriarchal narrative. Share which patriarchal beliefs you outwardly or inwardly subscribe to? Touch on the 5-points listed in [this article](#).

Watch this [5-minute commentary](#) on what patriarchy is not.

### Dessert

Listen to David Foster Wallace's, [This Is Water](#), perhaps again, as a poetic reminder of how its possible for well meaning people to exist in systems of extreme inequity, patriarchy, or privilege. Its advisable to do this while you do nothing else and turn your phone to “do not disturb”. 