How does **Internalized Oppression** function?

“There are two ways that Internalized oppression functions:

First, internalized oppression operates on an individual basis. A person believes that the stereotypes and misinformation that he hears are true. He holds himself back from living life to his fullest potential or he acts in ways that are self-destructive.

Second, internalized oppression occurs between members of the same cultural group. People in the same group believe (often unconsciously) the misinformation and stereotypes that society communicates about other members of their group. People turn the oppression on each other instead of addressing larger problems in society. The results are that people treat each other in ways that are less than fully respectful. Often people from the same cultural group hurt, undermine, criticize, mistrust, fight with, or isolate themselves from each other.

It is important to note that internalized oppression is not the fault of people whom it affects. No one should be blamed or blame themselves for having been affected by discrimination. Nevertheless, as community members, we have to face these barriers in order to achieve our goals.”