

# **From Black To Human**

The Journal Entries  
from a  
**CONSCIOUS**  
Black Man

By. Anthony Coleman

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I can't believe it! I can't believe I judged myself based on how others judged me. I didn't even give myself a chance to know who *Anthony Coleman* truly was, but allowed others to tell me?!

Lies! Ignorance! Hatred!

If not, why give me a label that I don't deserve? I don't have to apologize to anyone for being who I am. No matter who you are, everyone isn't going to love you, so why hide myself if I love myself? Why would I try to seek the love from the very people who don't care to know me?

In order to be established, I must be the foundation!



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**Part 1:**

The  
Black  
Struggle





# Entry: #1

**Interviewer:** Anthony, at what moment did you start to become conscious to the black struggle in America?

**Me:** The moment when I first asked myself the question, *"Why do black people have such a bad reputation in America?"*

# Entry:

## #2

Because of the history of black people in America is filled with slavery, segregation, stereotypes, bigotry, racism, hatred, oppression, discrimination, etc., black people have lost their sense of self-identity, self-worth, and self-love. This resulted in black people subconsciously believing that since they are black, they are automatically inferior and insignificant in America.

# Entry:

## #3

"I had to confront my fears and master my every demonic thought about inferiority, insecurity, or the fear of being black, young, and gifted in this Western culture."

- *Lauryn Hill*

# Entry:

## #4

**Q:** If there are about 36% of white men in America and about 6% of black men in America, then how is it possible that there are more black men in prison than white men? (*According to The Bureau of Justice Statistics.*)

**A:** It can be one of two reasons why....

- 1.** Black men are born to be criminals and a menace to society.
- 2.** Black men are systematically influenced to believe that they can be nothing but criminals and a menace to society.

# Entry:

## #5

Did you know that black people are affected by the 'Nigga Mentality'?

What is the 'Nigga Mentality'?

Black people believe that since they are black, they have to follow a certain standard (*Stereotypes*) and that standard is called the 'Nigga Mentality'.

The 'Nigga Mentality' means...

- To be ignorant, indifferent, and/or hopeless towards a better future.
- To care only about yourself.
- To be a self-imposed victim.
- To be arrogant, violent, and disrespectful.

- To degrade and use the opposite sex.
- To be in a dysfunctional relationship.
- To have a child (*Or children*) out of wedlock.
- To be materialistic.
- To live the YOLO (*You Only Live Once*) lifestyle.
- To subconsciously believe you are inferior.
- To have a 'Crabs in a Barrel' mindset.
- To think money is everything.
- To sell/do drugs.
- To only listen to rap music.
- To look down on other black people.
- To reject reading and education.
- To constantly say the word 'nigga'.
- To go in and out of prison.
- Etc.

This 'Nigga Mentality' is what black people believe they need to adopt in order to have a 'place' in America, but where did black people get that mentality from?

# Entry: #6

Black people constantly saying the word 'nigga' is proof that they subconsciously believe they are inferior.

Don't believe me?

Is it a coincidence that black people call each other 'nigga' when the word 'nigger' was used by the white oppressors to remind black slaves of their inferiority in life?

# Entry: #7

Did you know that there is an unspoken law in the black community that states it's okay for blacks to kill other blacks, but it's wrong when anyone who isn't black to kill blacks?

*(Just like how it's okay for blacks to call other blacks 'nigga', but it's wrong when anyone who isn't black to call blacks 'nigga'.)*

Why is this?

Because the black community figures that there is nothing wrong when a 'nobody' kills a 'nobody', but it's wrong when someone who is a 'somebody' kills a 'nobody'. If a 'somebody' kills a 'nobody', then it reminds the 'nobodies' that they are 'nobodies' and that reminder is what they figure will hurt their community. This is just



the result of black people subconsciously believing that they are inferior in America.

# Entry: #8

Dear Black People,

America (*Uncle Sam*) was the one who first created the dysfunction in our community, and now, we are the ones who maintains that dysfunction!

*#BlackPeopleNormalizedDysfunction*

# Entry:

## #9

After slavery and Jim Crow, America decides to give black people a loaded gun.

What did black people do?

Point the gun at America in order to kill the 'system' that oppressed them for hundreds of years (*And still continues to oppress them today*)?

NO!

Black people pointed the gun at themselves and pulled the trigger!

# Entry: #10

## **'I SEE NO CHANGES'**

I wake up most mornings and I ask myself,

“Is life worth living, or should I kill myself?”

I'm tired of being broke and even worse, I'm black.

Black people don't mean sh\*t in America, and that's an obvious fact.

We were planned to be inferior since our birth.

We were deceived of the truth that we all have worth.

Will white people take part in the black struggle? Ha! They would rather die.

They have the idea that they're better. They have bought into the lie.

Uncle Sam took our ability to live, so we'd have no choice but to survive.

We won't seek freedom if we are too concerned about how to stay alive.

Take a man's identity and he will become what he is told to believe.

Black women think white women are more beautiful, that's why they put on the weave.

They made us focus on our race, and now, we lost sight of what it means to be human.

If we keep being distracted and divided, there'll never be a union.

The truth is that we can do better, but they made us believe that we can't.

"Things will never change." That's what we so confidently chant.

My name is Anthony, but in America, 'Nigger' is my label.

Am I really the enemy, or are white people systematically hateful?

Black people, wake up! Our situation is not okay!

If you only open your eyes you will know that it doesn't have to be this way!

Chorus:

It doesn't have to be this way.

We could always make a change.

It doesn't have to be this way.

Oh no!

*(Inspired by the song 'Changes' by 2Pac)*