

Immersion in discomfort: at the intersection of worldviews.

Toward co-governing with integrity

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Glossary

Co-governance	A research approach evaluating governance and policy partnerships with First Nations and Indigenous Communities, focusing on foundational questions of decision-making authority and processes (Akins & Bissonnette, 2020; Robinson & Berkes, 2011), including formal co-governance with or between governments and First Nations and Indigenous Communities.
Discomfort	A personal mental or physical reaction such as embarrassment, shame, guilt, denial, nervousness, anxiety, and shyness, goosebumps, a racing heart, tremors, tears, flushing or sweating, often followed by reflective responses. Viewed as indicators of a profound and genuine response to something or someone, providing valuable insights.
Fragility	Fragility manifests as emotional reactions (such as anger, withdrawal, emotional incapacitation, guilt, argumentation, avoidance and cognitive dissonance), as a result of a reduced psychosocial stamina brought about by racial insulation (adapted from DiAngelo, 2011 pp55-56).
Fear	A response to perceived danger or harm, experienced as an intense bodily reaction in the present while anticipating a threatening future (Ahmed, 2014). In cultural spaces, it encompasses the fear of causing harm, making mistakes, or perpetuating colonisation even when aiming to decolonise, reflecting the embedded "deep colonising" within institutional frameworks (Rose, 1996).
Guilt	Guilt refers to "bad feelings about a particular transgression" (Brami, 2023, p. 48). It differs from shame in that "guilt refers to punishment for wrongdoing, for violation of some sort of rule or internal law, shame is about some quality of the self. Guilt implies action, while shame implies that some quality of the self has been brought into question" (Nathason 1987, cited in Ahmed 2014, p. 105).
Multicultural Australia	A term that describes Australia's cultural and ethnic diversity, as well as the government's policies that manage that diversity (Office of Multicultural Affairs, Australia, 1989).

<p>Relationality</p>	<p>Relationality refers to the interconnectedness of everything. The concept encapsulates relationships, interconnectedness, and the ways in which all things and phenomena are connected and interact. Relationality can be acknowledged as a process through the co-constitution of everything (Tynan 2021). Processes are shaped through relationships – such as the process of <i>place making</i> (Massey, 2011). Relationality also has distinct meanings in Indigenous knowledge systems (Reo, 2019; Smith, 2021).</p>
<p>Shame</p>	<p>Shame can be an intense feeling of unworthiness resulting from perceived flaws, which can impact our sense of belonging (Brown, 2021). On a personal level “shame is bound up with self-recognition, where the bad feelings about an action transfer to feelings about the self and about the self as perceived by others” (Brami, 2023, p. 48). Shame involves recognising that our actions (whether on personal or national level) have caused hurt and pain (Ahmed 2014).</p>
<p>Time</p>	<p>Time is a concept with diverse cultural meanings (Melbourne-Thomas et al., 2023), including, <i>Chronos</i>: Linear, measurable, quantifiable; <i>Kairos</i>: Qualitative, emphasising the "right moment"(Smith & The Hegeler Institute, 1969). <i>Spirals</i>: A framework for understanding coexisting generations (Whyte, 2018; Country et al., 2022). <i>Songsprals</i>: Indigenous Australian perspective, intergenerational, non-linear time (Country et al., 2022).</p>

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