



## ***George Washington Cable Worksheet***

### **Go To The Root Of The Problem**

In his controversial book “The Silent South”, George Washington Cable articulated his opposition to the emerging Jim Crow culture, declaring: “We need to go back to the roots of things . . .”

Cable’s writings generated so much hostility from his fellow Southerners that he decided to leave the South, moving his family to Northampton, Massachusetts. Though he suffered much opposition for his perspective, Cable’s approach was the right one. To solve a problem — whatever it is, personal or social — go to the root of it; to do so, you must INVESTIGATE and INTEGRATE.

INVESTIGATE — Do some inner research. This is where the rubber of self-reliance hits the road. It’s up to you to find out what’s really going on inside of you. Probe, dig, delve beneath the surface of your thoughts and feelings to discover the root cause. Ask yourself:

What’s really going on inside of me that may contributing to my problem? How do I go deeper than I’ve been in searching inside for answers?

INTEGRATE — Connect the dots. Put the pieces of your inner puzzle together. Ask yourself:

What steps must I take to see the whole truth of what I’m facing so I can get to the root of it and fix it? What help do I need to connect my dots so they will start making sense?