



# DISABILITY WORKSHEET

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How do I feel about being a person with a disability?

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Do I feel comfortable talking about my disability with others?

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Do I think having a disability is something of which to be proud?

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Who in my life can I trust when I need to talk about my disability?

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What are some aspects of living with a disability where I struggle? What resources are out there to help me through those struggles?

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What are some activities that I want to do that I think I cannot do? Is there another way of doing the activity that would work for me?

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What are some things I can do that my friends cannot do?

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**Suggestions For Further Reading About Disability:**

Shapiro, Joseph No Pity: People with Disabilities Forging a New Civil Rights Movement, Times Books, ©1994

Fleischer, Doris & Zames, Frieda The Disability Rights Movement: From Charity to Confrontation, Temple Univ, ©2001

Charlton, James Nothing About Us, Without Us, University of California Press, Berkeley, ©1998