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

Do I feel comfortable talking about my disability with others?
........................................................................................................................

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

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

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

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?
........................................................................................................................

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

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