

DISABILITY WORKSHEET

You can read through these and answer the questions for yourself.

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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