

Not My Thing-I'm Not a People Person-I Prefer Alone Time-
I'll Watch it When it Comes Out on Netflix-I Didn't Want to See
it Anyway-Too Much on My to Do List-Got to Work-I'm Good-
That's Fine-Don't Worry About Me-I'll Catch Up-I Forgot-
I'll Wait-You Go On-I Wouldn't Like It-That's OK-Maybe I'll
Try-Someday I'll Own One-That's on My List to Try One Day-
Oh Sorry-I'm Artsy Not Sportsy-You Don't Want Me on Your
Team-Next Time-I'm a Better Cheerleader Anyway-Let Me
Take the Picture-I Don't Like Those-I Don't Have Money For It-
I Have to Finish Painting-It's OK-Don't Worry About Me-
I Probably Shouldn't-I'm Really Tired-I'm Just Too Busy-I am
Wiped Out-I Have Housework-My Family Needs Me at Home-
Not My Scene-I Was Supposed to Be There-I Have an
Appointment-I Need a Moment-I'd Just Love to Sit Here-I
Remembered I Have To-My Dog Isn't Feeling Well-I Can't Leave
Right Now-I Don't Have Transportation-I Think I Am Allergic-
I Would Rather Sit Here-I Don't Like That-My Show Is on-I'll
Watch the Kids-I'm Not Sure My Chair Will Fit in Your Car-My
Wheelchair is Greasy-It's Been A Long Day-Have A Good Time

Have you ever used any of the excuses listed on the front of this post card so you didn't have to disclose the nature of a disability that impacts your life?

Please don't feel bad about it. The large amounts of stigma that surrounds disability, often times keeps people from speaking up and gaining access to the same quality of experiences able-bodied people take for granted.

When people choose not to speak-up for themselves, it is often a result of not wanting to share personal information, never wanting to appear "less than," or coming off as someone who deserves to be pitied.

Three reasons to talk about it:

- **The absence of sharing real and specific information with others contributes to the stigma surrounding disability.**
- **Describing our needs and explaining how we could be helped, teaches us how best to advocate for ourselves.**
- **Without explaining what we're going through, we are effectively internalizing the oppressive stigma.**

If you would like to be a part of a supportive community and find additional resources, please check out our Facebook **Group: Come Out as Disabled.**