|  |  |  |  |
| --- | --- | --- | --- |
| **Attitudes and Actions** | Yes | No | Comments |
| Attitudes |  |  |  |
| I do not pity persons with disabilities  |[ ] [ ]   |
| I feel as comfortable around disabled persons as I do non-disabled persons |[ ] [ ]   |
| When I think of someone I know with a disability, I can quickly name many qualities about them unrelated to their disability |[ ] [ ]   |
| I am aware that one person with a disability is far different than another person with the same disability |[ ] [ ]   |
| I recognize that all people, disability or not, have their own communication style, strengths, and weaknesses  |[ ] [ ]   |
| I realize that society plays a major role in imposing barriers for disabled people |[ ] [ ]   |
| I reflect on how my views and attitudes have been shaped by societal biases |[ ] [ ]   |
| I value disabled persons as much as I do non-disabled persons |[ ] [ ]   |

Disability Attitudes and Actions Checklist

|  |  |  |  |
| --- | --- | --- | --- |
| **Attitudes and Actions** | Yes | No | Comments |
| Do your actions match your attitudes? |  |  |  |
| My actions and the views I publically express match the ones expressed here  |[ ] [ ]   |
| I have not tried to avoid someone because of their disability |[ ] [ ]   |
| I correct negative misconceptions people express about disabled persons and disability |[ ] [ ]   |
| When communicating with a disabled person, my tone of voice and gestures are not pitying or patronizing |[ ] [ ]   |
| The conversations I have with people about disability or disabled persons are not focused on how tough life must be with a disability |[ ] [ ]   |
| I will reflect on my responses to this checklist |[ ] [ ]   |