

### Recognizing Privilege Exercise

The following list is from “The Invisible Crutch,” by Rioiriri, posted on April 3, 2009. <https://rioiriri.blogspot.com/2009/04/invisible-crutch.html>

**Many of us can forget we have privileges like these on a regular basis. Check off each statement that is true for you.**

- I can, if I wish, arrange to attend social events without worrying if they are accessible to me.
- If I am in the company of people that make me uncomfortable, I can easily choose to move elsewhere
- I can easily find housing that is accessible to me, with no barriers to my mobility.
- I can go shopping alone most of the time and be able to reach and obtain all of the items without assistance, know that cashiers will notice I am there, and can easily see and use the credit card machines.
- I can turn on the television and see people of my ability level widely and accurately represented.
- I can be pretty sure of my voice being heard in a group where I am the only person of my ability level represented—and they will make eye contact with me.
- I can advocate for my children in their schools without my ability level being blamed for my children’s performance or behavior.
- I can do well in a challenging situation without being told what an inspiration I am.
- If I ask to speak to someone “in charge”, I can be relatively assured that the person will make eye contact with me and not treat me like I am stupid.

- I can belong to an organization and not feel that others resent my membership because of my ability level.
- I do not have to fear being preyed upon because of my ability level.
- I can be reasonably assured that I won’t be late for meetings due to mobility barriers.
- I can use most cosmetics and personal care products without worrying that they will cause a painful or dangerous reaction.
- I can usually go about in public without other people’s personal care products causing me painful or dangerous reactions.
- My neighborhood allows me to move about on sidewalks, into stores, and into friends’ homes without difficulty.
- People do not tell me that my ability level means I should not have children.
- I can be reasonably sure that I will be able to make it to a regular job every day.
- I know that my income can increase based on my performance, and I can seek new and better employment if I choose; I do not have to face a court battle to get an increase in my income.
- My daily routine does not have to be carefully planned to accommodate medication or therapy schedules.
- I can share my life with an animal companion without my ability to care for them being called into question due to my financial and ability situations.
- If I am not feeling well, and decide to stay in bed, I will likely be believed and not told that I am lazy and worthless.