

Ableist Microaggression Worksheet



Microaggression Type *	Example
Denial of personal identity and disability experience	
Denial of privacy of body, space, and information	
Assumed or forced helplessness	
Secondary gain – person with a disability inspires or benefits others	
Spread effect - assuming multiple impairments or supernatural gifts	
Infantilization/ Patronization/ Desexualization	
Second class citizenship	

* Keller & Galway 2010