



Telling friends about a disability or diagnosis?

Transcript

- 00:00:00 - 00:00:09 [Music]
- 00:00:10 - 00:00:33 When I told my best friend in year eight of my diagnosis, I was really nervous, and I kept focusing on explaining what it wasn't instead of what it was. Because I was so scared about them thinking negatively of me based off of the stigma and stereotypes around my diagnosis that I actually didn't tell them what it was.
- 00:00:34 - 00:00:42 And I think in the future, if I was to tell someone, I would definitely just tell them what it is instead of what it isn't so they can actually understand.
- 00:00:43 - 00:01:12 What went well when I did tell my friend was she actually understood me a lot better and there was an explanation behind some of the things I did. So, she could understand, like, things that happened in our friendship a lot better and could tailor things around my diagnosis to better fit the things, the activities we did in our friendship. Even if it was small things like making sure that we didn't hang out in crowded spaces.
- 00:01:13 - 00:01:22 Now that she understood that I hated those things, and I was more sensitive to them, and now, she could understand why.
- 00:01:28 - 00:01:37 Something I wish people knew about my diagnosis is that it only makes up a small part of who I am, and everyone with my diagnosis is different.
- 00:01:38 - 00:01:49 People often judge one person based off of another if there's one connection and with that, there are lots of people with the same diagnosis as me. But they're not the same person; we're all very different.
- 00:01:50 - 00:02:00 The best things my friends have done when I told them about my diagnosis was they treated me with the same level of respect and kindness as they did before.
- 00:02:01 - 00:02:13 They didn't treat me exceptionally kind or exaggerate their voice or anything like that. They just treated me the same, but they just adjusted some of the things they did to suit my needs a bit more.
- 00:02:14 - 00:02:18 I feel like I belong and I can just be myself when my friends accept me for who I am.
- 00:02:19 - 00:02:29 [Music]