

## “Disability as an Inspiration”

We’ve all seen the memes, “the only disability in life is a bad attitude.” Or an image of a small kid running on prosthetic legs go with the description “what’s your excuse?” These pictures make the individuals viewing them feel great, but frequently they take pictures of people with disabilities basically living their day-to-day and make them extraordinary. People must think about how to make use of the term “inspiration,” and most in relation to people with disabilities. People with disabilities can inspire; several people with disabilities do unbelievable things. But, sometimes they can become subjects of somewhat that has been stated to as “inspiration porn.” It’s where abled people use pictures of disabled people to exclaim how inspirational they are simply for existing, or use it to guilt abled people into trying harder because if a disabled person can brush their teeth, then surely you can do anything. Inspiration porn is harmful to disabled people because it keeps disability from becoming normalized. All disabled people want is to be accepted for who they are, impairment and all. They don’t want to be exceptional because of an impairment.



*\*Please Stop Spreading 'Inspiration Porn' About Disability\**