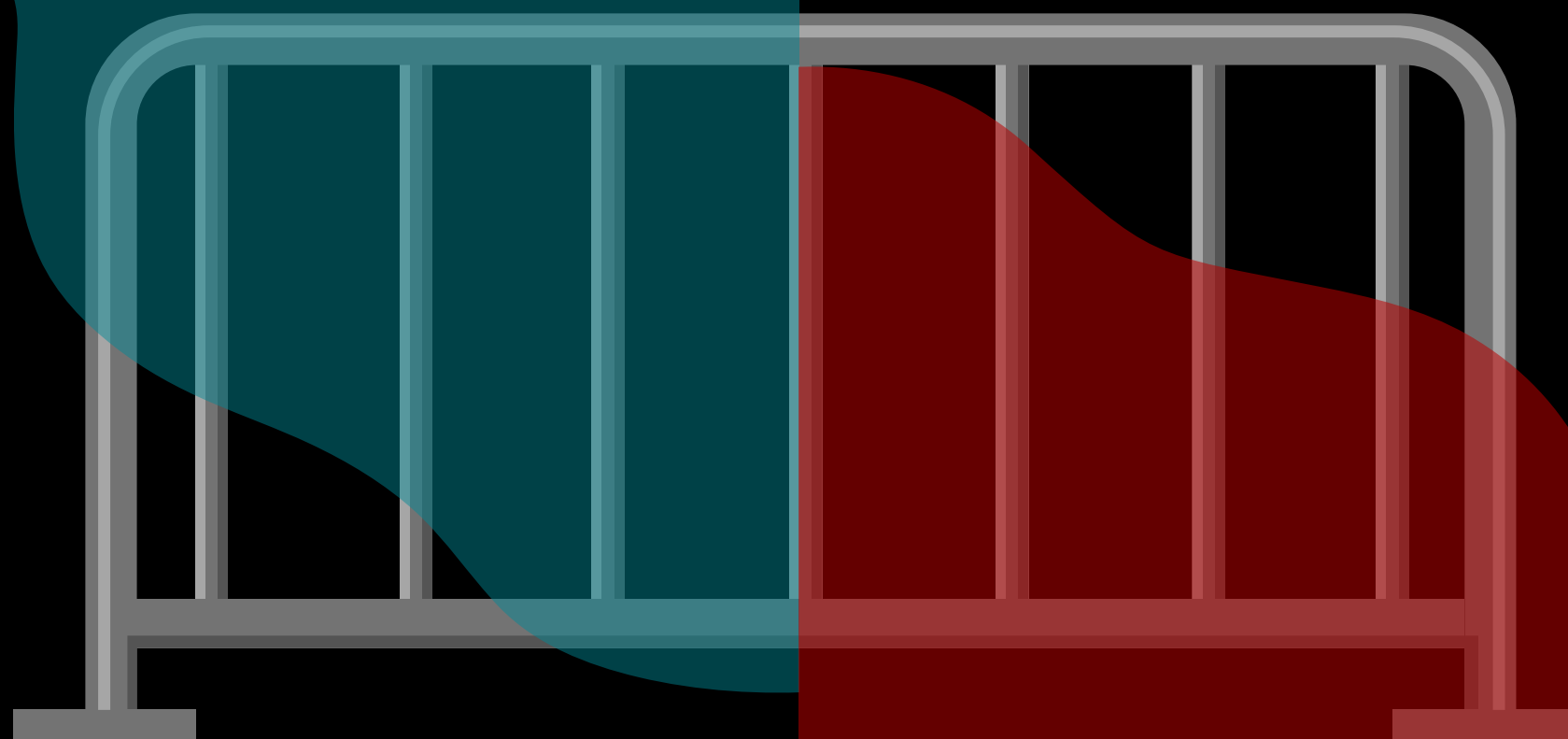
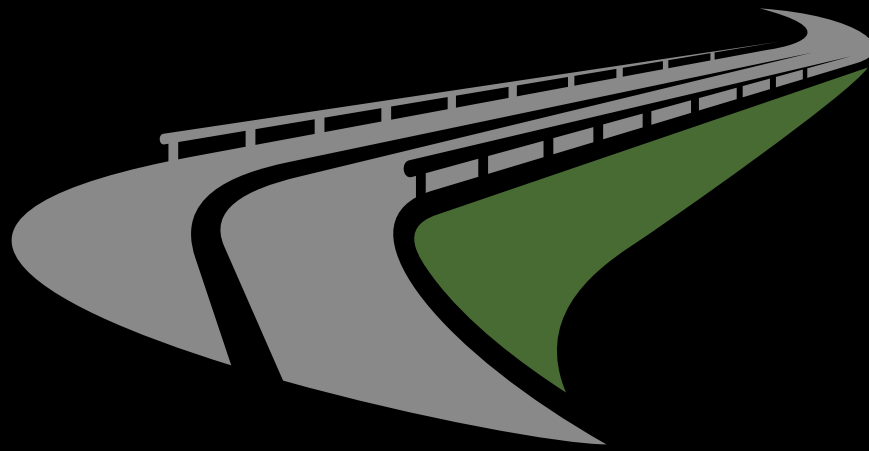


on
Guardrailing



disabled people

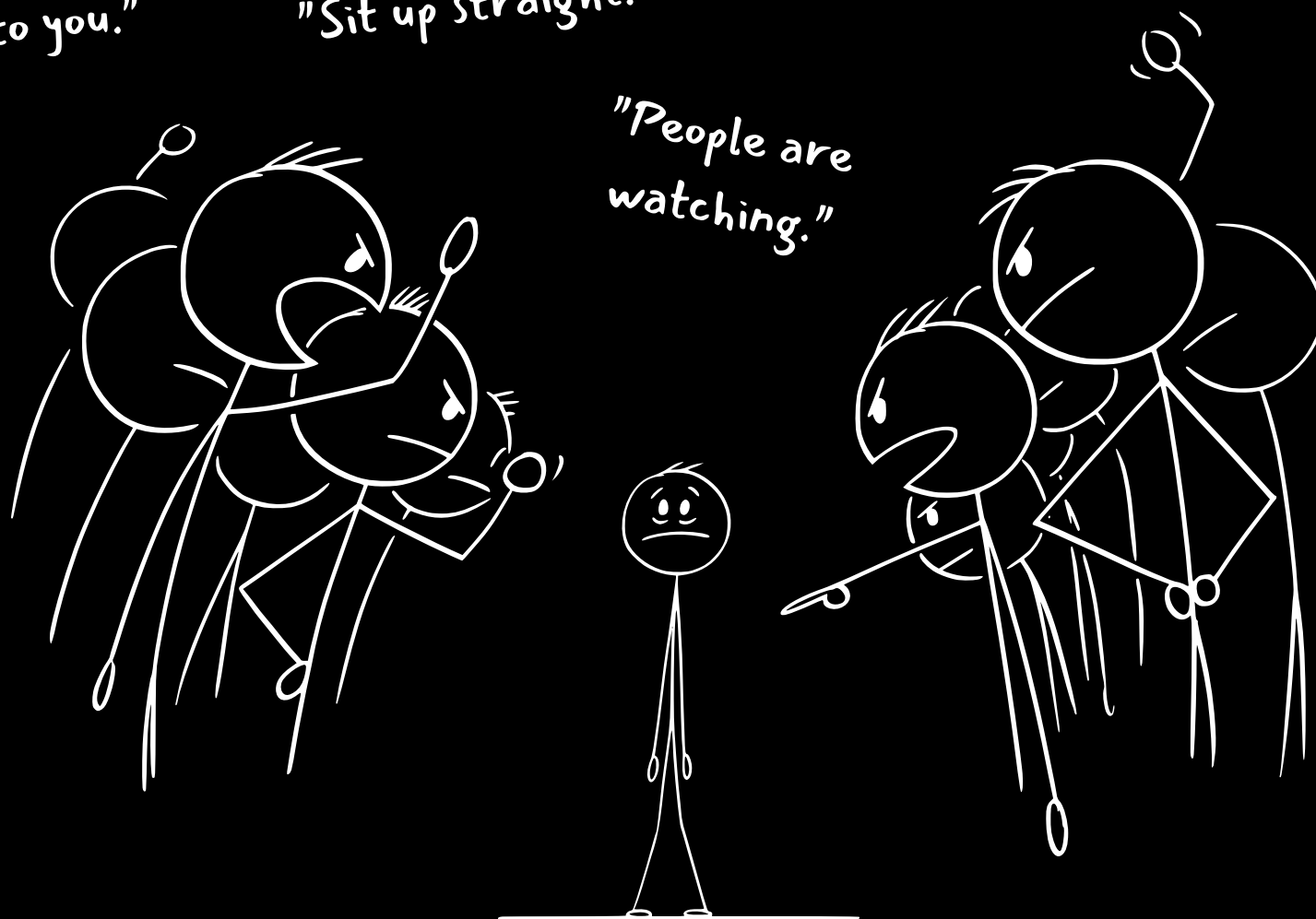


Guardrailing

[gard•rell•ing] verb

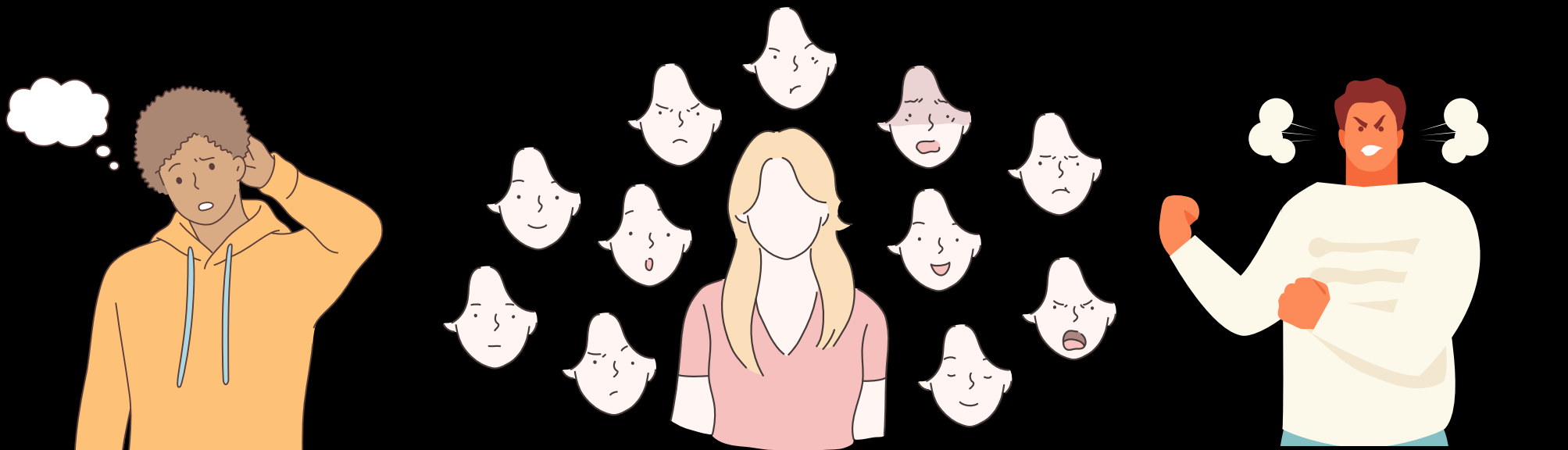
The phenomenon that occurs when non-disabled people give more rules, supervision, guidance, direction, and oversight to disabled people.

"Don't be weird."
"Watch your tone."
"... irresponsible."
"Be still."
"Don't embarrass me."
"Grow up."
"Fix your face."
"...like a little girl."
"Because I said so!"
"So sensitive."
"Don't ask questions."
"Are you wearing that?"
"That is ugly."
"Look at me when I talk to you."
"Lazy."
"...not very lady like."
"Sit up straight."
"People are watching."



Guardrailing

causes codependency in adulthood



Decision
paralysis

Inability to identify own
emotions or abuse

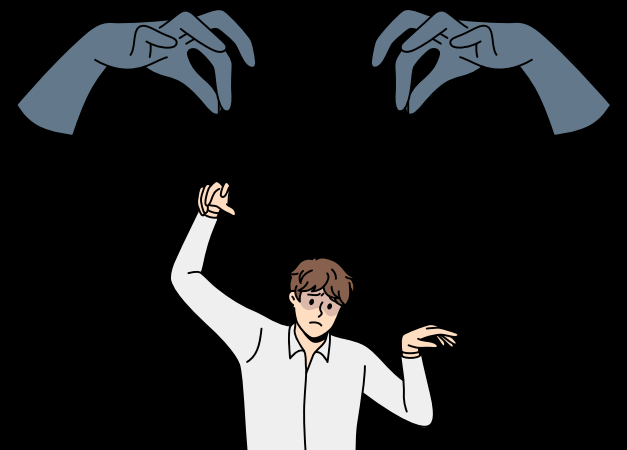
Poor emotion
regulation



Seeks validation
& people-pleases



No identity or
sense of self




Susceptible to
peer pressure

Community Exercise

The next few slides are to help you imagine the cumulative emotional impact of being guardrailed all the time. In the comments, let us know how this would impact you after one day? One week? Twenty years?






We just got those drapes. The fabric is expensive. Don't wipe your mouth on them.

... and please don't steal the silverware.

Congratulations on
buying a home!
Remember to not leave
food out until you have
a pest problem!



An illustration of two women sitting in armchairs in a room with three pendant lights. A speech bubble from the woman on the right contains the text. A small table between them holds a cup and a vase with a feather. The room has a patterned rug and paneled walls.

Just make sure that you have a shower and wear clean clothes before coming to the conference.

@NeuroClastic



I hope you know that you have to cook this meat before feeding it to your family.

@NeuroClastic

24
HOURS

**DRIVE
THRU**

Don't try to eat
with both hands
while driving. You
might kill someone!



@NeuroClastic