Name several famous people who are blind

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Mark your first impression of one of the famous blind people on the following charts

Uneducated          Educated

Avoid them          Engage Them

Dependent           Independent

Helpless            Not Helpless

Name blind people you know

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Mark your first impression of a blind person you know on the following chart

Uneducated          Educated

Avoid them          Engage Them

Dependent           Independent

Helpless            Not Helpless

Complete the following:

Did you see any difference between your impressions of a famous blind person and some you know? Why?

________________________________________________________________________

________________________________________________________________________

What might you need to change in order to raise your level of comfort around blind people?

________________________________________________________________________

________________________________________________________________________
Purpose of Seeing is Believing

People’s first impressions of blind people usually result in negatively stereotyping them, because they see the 'blindness' first and foremost, and not the person.

This exercise is to help you to become aware of your own impressions towards those who are blind in order to help you begin to build a healthy perception towards those who are blind.

Though there are many places on the internet that can assist you in seeing people with this disability as people first, and not inadvertently label them as 'blind', you can quickly start your search with this story that I wrote.

When we can see people -with or without disabilities- as valued and as having purpose, we will become more inclined to look for opportunities to build healthy relationships with them, and thus not only enrich our own lives, but theirs as well.

Instructions

1. As you go through this worksheet, do your best to be as truthful as possible in your responses. You might find it helpful to ask a friend to give you feedback on your comments to help you avoid the 'blind spot' that we all have in not seeing people/situations from any other perspective than our own.