

D X M E F I X M E by Audre Wirtanen

- Check in with yourself - Notice you are breathing, you are on the ground - What did you notice about this piece? - How did the content relate to your perception of my body? My life? - Do you feel bad for me? Do you feel sad? Did it scare you? - Are you trying to analyze whether or not this piece is real? If I am coping? Healing? Are you thinking about how I am going to handle all of this? Do you have an urge to give me advice to help me take care of myself?

This is a sliver of my experience This is not for me anymore, it is for you Everything in this piece is real, everyone is real, everything I say was said to me These are not uncommon experiences These are privileged experiences of disability and illness - I am white, I am not dead There are many, many people who don't have access to diagnoses, somatics, dance, or the resources to push back against these systems when mistreated **Eugenics is present Eugenics is here (Ableism)**

Feeling bad for people who identify as Disabled and/or Chronically Ill perpetuates the ableist treatment of people who make art, who sing, who perform, who write stories, who hug each other, who laugh, who consider, who think deeply about oppression, who care deeply about justice, who experience every day what it means to live as someone who is Disabled or Ill which means that everyone thinks their lives are so miserable but it's ok because they rely on people and society and they have nothing to contribute so what use are they anyway and what do they know and oh they are so inspiring and oh that is so wonderful they have turned a bad situation into something I can consume as beautiful because it's hard for me to consume work by people that I know have disabilities because *I don't understand their experience and how it relates to mine.....*

Be MAD Be ANGRY Be PASSIONATE Be LOVING

Be LISTENING Be willing to LEARN

Turn this page over for a place to
begin.
(FOLLOW)

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(TEXT
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<https://harriettubmancollective.tumblr.com/>

www.sinsinvalid.org

www.healthjusticecommons.org

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Care Work Dreaming Disability Justice by Leah
Piepzna-Samarasinha Doing Harm by Maya Dusenbery Brilliant
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(AUDIO) Death Panel
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