

DISABILITY IN THE EYES OF EVERYONE

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It is difficult to generalise in order to establish at what age we acquire knowledge and awareness of our own disability, as there is no indication of it: not in psychology books that cover this topic, nor in testaments of family members and disabled people themselves on this matter.

I believe the reason is the resistance to remember painful moments such as the discovery and subsequent awareness of one's own limits, and often the feeling of impotence in facing them and the existential dependence on them, as well.

Becoming aware of one's own disability is a fundamental element for the formation of the identity, and it can depend on some variables:

- The type of disability: congenital, hereditary and/or trauma induced
- When it manifests itself: whether in childhood or adulthood
- Its evolution
- and, no less important, how THE DISABILITY IS REFLECTED IN THE EYES OF EVERYONE, and therefore the ability to interact within relationships, which is the topic of this meeting.

