



Social accessibility

(in activist spaces)

This is an introduction to some concepts surrounding interactions between people and some extra info that helps me cope with reality. I will

Speak from my own experience because I have no formal education, and it makes it simpler to explain.

I will use 5 images with some text in it that I normally would bring to this workshop and talk about. This is the guiding text for the event so you can read it back after the event, and have a copy of the image. There will be a sixth image that is hopefully relevant for this version of the talk, and I hope you get some personal insight coloring it in.

1. Identity
2. roles in interactions
3. reflexes to (perceived) danger
4. energy
5. consent
- 5.a touch

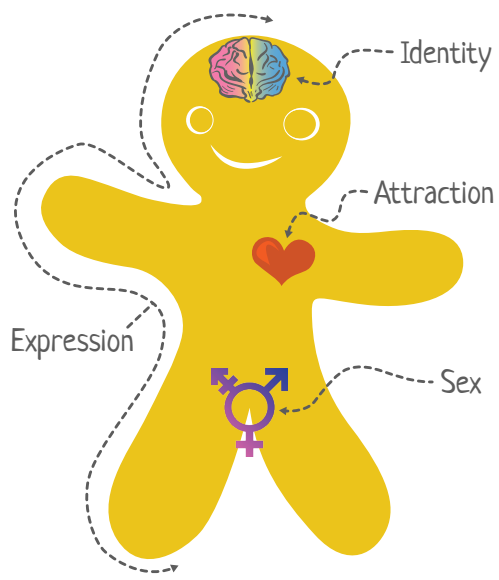
<https://fakkelp Kemp.nl/zine/Indonesia/social/>

1. identity (Genderbread)

for people to have pleasant communication we need to know who we are and who the other is. Using a name they do not like can be very insulting. You cannot see someones name on how the body looks or how they present themselves this is similar to their gender identity and that is why I try to always use gender neutral language until I know it by asking, they are forced to always initiate this conversation so they often appreciate it when people that look like their identity (cis-gender) I think Bahasa has mostly neutral pronouns but actively add gender to categories. I will probably learn about this during the workshop, it can be different for any language It took some years to find my identity because society decides for us who we are and I have no strong feelings about all I know is that I am not a “man” I identify as an indifferent A-gender so I rarely talk about it because I do not feel sim-gendered also not when you use female pronouns. in the image below you see the different words minimally explained, I feel awkward explaining this to you as I would to people from north west Europe, so I will only explain my situation as an example I got a beard and a male body but that does not mean I feel like a man, I do not know what gender I am so it is strange others can decide this for me based on the beard and the lacking interest in fashion. I do not feel sexual attraction to others but I have kissed and fondled with men, people don't expect me to be gay because my behavior is not feminine. Identity and attraction can be complete different or partial similar. Assuming anything can be hurtful and can be avoided by asking or using neutral language

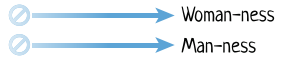
ps. many people ask me if I am alone here, I say yes or kawan, if they ask if I have a wife I am trying to say I have a husband in the Netherlands just to show the religious people that homophiles do exist. I do not like the term homosexual because there are more types of attraction, romantic attraction is the reason to want to share your life with a person, I do not feel direct sexual or romantic attraction (I'd like to talk another time more about the nuances of this

The Genderbread Person v4 by its pronounced METROsexual.com



⊘ means a lack of what's on the right side

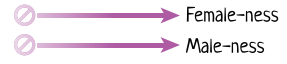
Gender Identity



Gender Expression

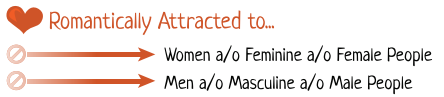
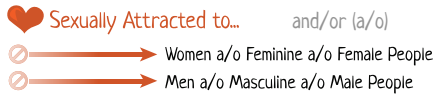


Anatomical Sex



Identity ≠ Expression ≠ Sex
 Gender ≠ Sexual Orientation

Sex Assigned At Birth
 Female Intersex Male



2. roles in interactions. (drama/winner triangle)

In any interaction the behavior of the people involved can be categorized in 3 groups if it is a frustrating interaction we can use the roles of the drama triangle, if it is pleasant the roles of the winner triangle will probably fit.

In the image below you see how the roles are placed in triangles and how they interact with each other.

My social worker pointed this theory out to me because I kept getting in very frustrating situations where someone else decided I needed help, I'd refuse and they would claim it is no problem to them. If I pointed out how annoying and ego breaking it is to get constantly get help offered for the simplest things they would start claiming they mean well and pretending it is not their fault or get angry. I first tried to respond from the honest if they would not accept my refusal I'd get assertive and they would either get in the victim role, mostly women and men would get angry some men would first do victim before aggressor and some women would skip the victim role but none of them listened to me and all decided they knew better. Some time later I had a similar situation after a protest I struggled a bit getting on the sidewalk because the bricks were broken. |they offered help, I refused, they accepted. I got up and pulled the chair on the sidewalk and when I pointed out how annoying it is to always get help offered when things don't go perfect, they said oh, okay I will not offer again. This was exact the same situation but he was in the helper role he accepted my refusal and when I was assertive (to prevent it happening again they also accepted.

The drama triangle (1967) and winner triangle (1990) are based on the Transactional Analysis (TA) which puts people in 3 categories: parent adult child

Choy's Winner's Triangle

Accountable
Assertive

- knows own feelings, needs and wants
- non-judgemental
- uses 'I' messages

Helper

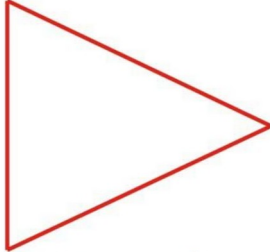
- gives help when asked
- cares and understands
- doesn't need to be needed by others



Accepts others' value and integrity



Accepts others' ability to think for themselves



eerlijk, open
Vulnerable

- shares real feelings
- Accepts Self



AUTHORITARIAN Drama

Triangle

Agressor Persecutor

- aggressive
- angry
- judgemental

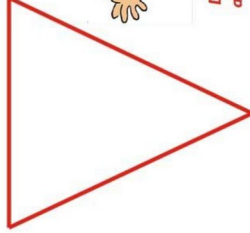
Redder

Saviour

- over-helpful
- self-sacrificing
- needs to be needed



Discounts others' value and integrity



Discounts others' ability to think for themselves

Slachtoffer Victim

- downtrodden
- helpless
- complains of unmet needs



Discounts Self

3. reflexes to perceived danger (conflict responses)

After learning about the triangles I started seeing the connection to the four conflict responses, the aggressor fights, the savior flees and fawns... I am not sure about this, the victim fawns. And the people in the roles of the winner triangle act different after their initial reflex response.

I know I am a freezing fawn, I wait for things to happen or escalate and try to make it go away by cooperating with the cause of the danger.

These reflexes are learned in childhood and will be used the rest of your life by being aware of it you can change your behavior, I decided to not let people walk away with a good feeling after annoying me by trying to save me against my will. I choose to be an aggressor and create a drama situation instead of fawning and feel angry at my self afterwards.

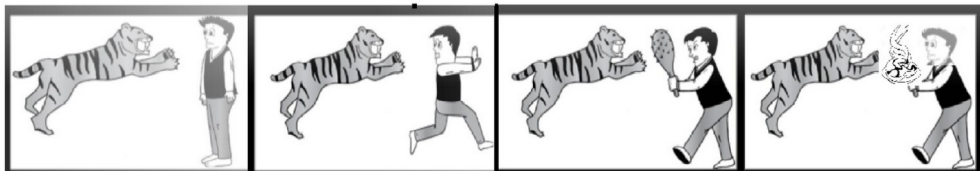
You probably know about the 3 fear reflexes freeze flight and fight, a more subtle response has been recognized by Pete walker as the fawn response(look up his 2003 article)

For example when you are in a bar, a drunken person walks over shouting they lost their sweater, the first thing do is ignore them (freeze) n hopes they will keep going, if they don't and start shouting in your ear about it, I use an excuse to walk away (flight)they follow and start the story again, I am annoyed and engage with the person by telling them to go look for themselves(fight).

The person is drunk so they look around see me and stat the story again, none of the other tactics worked so I fawn and tell the person to follow me because I will help them find their sweater. Having been sober around drunk people a lot I learned it is enough to just distract them and point them in a random direction they will probably forget and it is no longer my problem. If you learned in your childhood that engaging with the problem mostly works this will become your default

response. In the image you see a list of behaviors and misdiagnosis' per type.

Conflict responses



Freeze

Flight

Fight

Fawn

FIGHT

- 'Self-preservation' at all costs
- Explosive temper and outbursts
- Aggressive, angry behavior
 - Controls others
 - Bully
- Can't 'hear' other points of view
- A pronounced sense of entitlement
- Demands perfection from others
- Dictatorial tendencies

Typically mis-labelled as:

- Narcissist
- Sociopath
- Conduct disorder

FLIGHT

- Obsessive and / or compulsive behavior
- Feelings of panic and anxiety
 - Rushing around
 - Over-worrying
 - Workaholic
 - Can't sit still, can't relax
- Tries to micromanage situations and other people
- Always 'on the go', busy doing things
 - Wants things to be perfect
 - Over-achiever

Typically mis-labelled as:

- OCD
- Bipolar
- ADHD
- Panic disorder
- Mood disorder

FREEZE

- Spacing out
- Feeling unreal
- Hibernating
- Isolating the self from the outside world
 - Couch potato
 - Dissociates
 - Brain fog
- Difficulties making decisions, acting on decisions
 - Achievement-phobic
 - Wants to hide from the world
 - Feels 'dead', lifeless

Typically mis-labelled as:

- Clinical depression
- Schizophrenia
- ADD
- DID

FAWN

- People pleasing
- Scared to say what they really think
- Talks about 'the other' instead of themselves
 - Flatters others (to avoid conflict)
 - 'Angel of mercy'
 - Over-caring
 - 'Sucker'
- Can't stand up for the self, say 'no'
 - Easily exploited by others
- Hugely concerned with social standing and acceptance, 'fitting in'
 - 'Yes' man (or woman...)

Typically mis-labelled as:

- Codependent
- 'Victim'

C-PTSD: THE FOUR 'STRESS' RESPONSES

Most people have one or two dominant 'stress' responses that they typically fall back into as their main mode of reacting to stressful triggers and situations, or perceived threats.



LEARN MORE AT:
WWW.SPIRITUALSELFHELP.ORG

She explains it as:*the difference in being sick and being healthy is having to make choices or to consciously think about things when the rest of the world doesn't have to. The healthy have the luxury of a life without choices,*

Over the years people embraced it and started calling themselves spoonies if they have limited energy, new types of cutlery have been added, forks can be replenished by taking a rest and a knife allows you to do the thing but it will hurt you or the people around you.

I do not like to use spoons as an energy measure, I wish it was a game geek that came up with a unit for energy (also why use an euphemism, I can say I am tired or out of energy) like mana (mental energy in games with magic)

another energy related concept is the cut-curb effect: if there is an adaptation for disabled people often everybody benefits from the change, people with kids in strollers like the ramps and a railing next to a platform can be necessary for someone with bad balance but pleasant for someone with painful knees.

I know micro-aggressions from 2016 video by: Same Difference

with the title: How microaggressions are like mosquito bites

But apparently a black Harvard professor coined it in 1970, and it gets revitalized every 30 years or so.

It is the idea that many tiny insults can be as damaging to a persons mental health as having few obvious ones.

To me the offer of help is a micro aggression, but I have heard the claim that intention matters (after they insult me) that I direct get angry and if I do not have the energy I will lash out. If I have more energy I can cope better but when I am out of spoons people will get an angry remark(a knife) for the same

neutral thing they said. They don't know 5 others also said it that day.

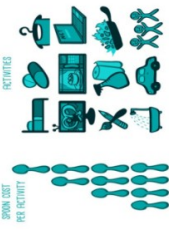
This is the reason I do not use public transport in the Netherlands everybody keeps pretending I need help I taught myself to always keep my back to a wall a normy might come from behind and start pushing without asking if it is okay, if I want to be pushed or even if I want to go somewhere else, I can be sitting in the main hall waiting for the train because the platform is too droughty.

"SPONGE" COMES FROM A DISABILITY METAPHOR FIRST DESCRIBED IN A 2002 ESSAY OF COGNITIVE PSYCHOLOGIST CALLED "THE SPONGE THEORY" IN WHICH SHE TELLS THE STORY OF TRYING TO ASPIRIN UP A HEADACHE WHEN IT FEELS LIKE TO HAVE CLONED. SHE PERFECTLY PHRASED HER FEELING IN PARAGRAPHS OF SPONGE AND SPONGE.



HOW SPOON THEORY WORKS

- IS A WAY OF EXPRESSING THAT A PERSON CAN USE SPOON



WHAT DOES IT ALL MEAN? THE QUOTE OF A DOCTOR WHO WAS DISAGREEDLY USING PARABLES OF WATERCRESS WITH PATIENTS EXPLAINING.

"USING PARABLES AND/OR METAPHORS CAN HELP CLINICIANS AND PATIENTS UNDERSTAND GET A BETTER UNDERSTANDING OF THE IMPACT OF SPECIFIC ACTIVITIES ON A PATIENT." JAMES HARRIS, M.D. (2014)

<https://howmanyaspoon.com/post/13448447032/image-4-efrctjg3l0m3w-4-crow-4d-people-4-11>

"MOST PEOPLE FORGET THE ONE WITH UNLIMITED QUANTITIES OF ASSISTANCE - ENERGY TO DO WHATEVER THEY PLEASE. FOR THE MOST PART, THEY DO NOT NEED TO WORRY ABOUT THE EFFECTS OF THEIR ACTIONS. I WANTED SOMETHING FOR HER TO VIVIDLY HOLD FOR HER TO FEEL THE FLAVOR. IF I WAS IN CONTROL OF TRYING TO FEEL THE SPONGE, THEN SHE WOULD KNOW WHAT IT FEELS LIKE TO HAVE SOMETHING ELSE BEING IN CONTROL."



THOUGH A "SPONGE" IS SOMETHING WITH A CONDITION THAT CONSUMES LIMITED PORTIONS OF PAINKILLER, INSTEAD OF CONSIDERING ENERGY, SPOON IS CONSIDERING CLONING, PAINKILLER, ENERGY, IS CONSIDERING IT'S A WAY OF EXPRESSING THAT A PERSON CAN USE SPOON WITH PERSEVERANT ENERGY CAPABILITIES.



WHAT DOES IT ALL MEAN? THE QUOTE OF A DOCTOR WHO WAS DISAGREEDLY USING PARABLES OF WATERCRESS WITH PATIENTS EXPLAINING.



<https://www.youtube.com/watch?v=Hd3bzA7450>

Microaggression is a term used for commonplace daily verbal, behavioral or environmental slights, whether intentional or unintentional, that communicate hostile, derogatory, or negative attitudes toward stigmatized or culturally marginalized groups



microaggressions are things people do that irritate me, every single suggestion takes some energy

<https://www.youtube.com/watch?v=Hd3bzA7450>

5. consent

The right to self determination has always been important to me but with getting in a wheelchair it seems people don't see me as an adult but as "their" child with whom they can do what they please, they are surprised when I get annoyed when they touch me without checking if I am okay with it.

A couple years ago I found this image with a consent spectrum but I realized it is wrong, there is no spectrum you got it or not. If any form of coercion is involved, or lack of information there is no consent. And the person that wants to retract consent after getting tricked into it or changes their mind does not have to feel guilt.

A lot of consent talk is centered around sexual activity I'd like to see it as a broader system of comfortable interaction between people.

As a small exercise we added the touch meme, a coloring page where you can think about how much touch do you like per category of people.

I mostly dislike touch with anybody, it takes a long time before I am okay with a hug, and longer until I appreciate it, covid made me aware of how much I disliked being touched by random people.

I hope you all find some personal insight in this.

5.a. touch

updated version of a consent continuum

THE informed **CONSENT** ~~CONTINUUM~~ Dichotomy

CONSENT

**BOTH PEOPLE WANT TO
do a thing**



**NO
COMPLIANCE
CONSENT**

**DOING SOMETHING BECAUSE YOU FEEL YOU
SHOULD OR TO HAVE SOMEONE ELSE LIKE YOU**

**NO
PRESSURE
CONSENT**

**DOING SOMETHING BECAUSE SOMEONE KEEPS
ASKING UNTL YOU SAY YES, OR TRIES TO
MAKE YOU FEEL BAD IF YOU DONT**

**NO
COERCION
CONSENT**

**DOING SOMETHING BECAUSE SOMEONE IS
THREATENING, BLACKMAILING OR BRIBING YOU
if you have not been informed
or wrongly informed**

**NO
FORCE
CONSENT**

**SOMEONE USES VIOLENCE OR PHYSICALLY
OVERPOWERS YOU TO DO SOMETHING**

Body Safety

Australia ©

www.bodysafetyaustralia.com.au
info@bodysafetyaustralia.com.au



Touch Meme

NO Ehh Maybe Okay Yes PLEASE ASK

distant

family,

strangers friends

(best)

friends

immediate

family

partner

