

Always Assume Competence in Everyone

1. What does the phrase “always assume competence” mean to you?
2. If you’ve interacted with people who have disabilities before, what was your experience with assumed competence? (Either personally or from others)
3. How does the concept of assumed competence affect your perception of the disability community as a whole and/or your future clients and friends with disabilities?
4. As a friend or assistant, what are some ways you can model assumed competence and nurture that attitude in your environment?

Critical Thinking:

What’s more harmful? A typically abled person making the presumption that a person with a disability can understand everything said to, and happening around them when they really can’t? Or someone noticing another person’s disability and jumping to conclusion that their physical limitations automatically makes them not cognitively aware?

Best Practice:

A typically abled person should strive to approach a person with a disability the same way they would any other... get to know them by asking questions, seeking out

common interests, inviting them to share, and in turn, listening to their experiences. If cognitive challenges do become apparent, find out what accommodations need to be made. Even many of those with cognitive limitations can sense when someone is being patronizing.

Giving people the benefit of the doubt is always the best practice. We are all created in God's image. He has given each of us specific gifts for a dedicated purpose, regardless of disability, and that makes us all worthy of human dignity and meaningful communication, as it says in 1 Peter 4:10-11.



Name _____

Your Story Idea Worksheet

1. What type of story do you want to create? (written narrative, visual/video, presentation slides, script, portfolio, etc.)
2. What or who is the subject of your story?
3. When, where, and how does your story begin?
4. What changed? (new opportunities, trouble or misfortune, lessons learned, new discoveries/realizations)
5. What's happening now?
6. Name the three main influences on your story (past experiences, beliefs, hobbies/passions, skills/talents, etc.)
7. Who is your audience and what do you want them to take away from your story?

Sparking Memories for Your Stories



An incident that either brought your family together or pushed them apart

A time you stepped WAY out of your comfort zone

When a stranger inspired you

A situation you wish you'd handled differently

You hit a rough patch with a loved one, colleague or partner = did you survive?

When you first came to Faith or felt God calling you to do something specific

A misunderstanding led to deeper understanding

You overcame fear in order to take action

A difficult decision that you are still proud of today

You had to make a fast change or mid=course correction = what led up to it and what did you do?

The first time you ever felt powerful

Your first leadership role

A time you needed help and it came

When you felt excluded = what was your reaction?

A time you saw God at work in your life in a significant way

You were misjudged or misjudged someone else = what happened?

Someone underestimated you or you underestimated yourself

You got broken in some way

A time you were able to meet a need with your gifts and talents

You failed big time. . . And learned from it!

A significant moment of inspiration or understanding in your life

The key obstacle to you becoming who you are today and how you overcame it

A mentor who has guided you, opened doors for you = what did they do and when they step in?

The moment you knew you were actually on the right path = what happened and how did it change you?

A moment when your body, your health, or your "extra abilities" (disability) taught you something important