

Disability Pride  
Month  
Journaling and  
Spoken Word  
Prompts

This guide offers space to explore both. These prompts are for journaling, spoken word, or any form of expression that feels true to you. Take what you need, leave the rest. There is no right way to show up—only your way.

## Section 1: Honoring Pride

*Prompts focused on identity, joy, and community.*

- What makes you proud to be part of the disabled community?
- Describe a moment where you felt fully seen, valued, or powerful in your disabled identity.
- Who are your disability justice role models or ancestors? How do they live in your story?
- Finish this sentence: “Disability Pride looks like...”

## Section 2: Naming the Rage

*Prompts that allow space for anger, grief, and systemic critique.*

- What systems or experiences have made you feel invisible or disposable as a disabled person?
- Where does your rage live—in your body, in your voice, in your community?
- How have recent cuts to healthcare or benefits impacted your life or the lives of those around you?
- What is one thing you wish people understood about being disabled in America today?

## Section 3: The Intersection of the Two

*Prompts that explore the coexistence of rage and pride, the nuance of our stories.*

- How do you hold both pride and rage in your day-to-day life?
- In what ways does your rage fuel your pride - or vice versa?
- What does access to liberation feel like to you?
- Write a letter or spoken word piece to your past or future self, centering both your fire and your power.

## Section 4: Collective Resistance

*Prompts to imagine, dream, and organize.*

- What kind of world would exist if Disability Justice were the standard?
- What role does your voice or story play in this movement?
- Who do you turn to for support, for reflection, for action?
- What's one action you can take this week to honor both your rage and your pride?

Disability Pride and Disability Rage are not mutually exclusive.

They are survival.

They are truth.

They are movement.

If you feel called to share any of your reflections or creations, we'd love to witness them. Tag us on Instagram @namedadvocates - only if and when it feels safe and empowering to do so.