

Self-Advocacy

THE BASICS



How to Handle Disagreement

Purpose

The purpose of this session is to help understand that others may not always agree with the things that we like or choose and to provide some practical tips on how to handle when others disagree with you.



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Important Points to Learn

- People will not always agree with you when you express a preference or choice.
- When people disagree with you, it does not necessarily mean that you were wrong to express your preference or that they are wrong to disagree; it is a matter that may take more discussion and understanding to resolve.
- It is always good to be respectful of others even when they disagree with you.
- If someone disagrees with you, a good question to ask is “why not?”
- Something that is not possible at the moment may be a good goal to work towards

QUESTIONS TO CONSIDER

How does it feel when someone disagrees with you?

Are people always right or wrong when they disagree with you?

What are some good ways to respond when someone disagrees with you?

ACTIVITY: YES OR NO

Using 2 index cards write “yes” on one card and “no” on the other. The cards will be placed with the writing down and mixed. The group will create a list of preferences that they would like to present to individuals who assist them with the planning or delivery of their services. Examples could include:

I would like to go to Florida for vacation next month.

I would like to choose the outfit that I wear.

I would like to try a different job.

Individuals will take turns presenting a certain preference and then will choose a blind card that reads either “yes” or “no”. The group will then discuss possible reasons that the chosen response could have been given in that situation. The group will also discuss how they could respond when that answer is provided. For example, if the preference is I would like to go to Florida for vacation next month and the response is “no”, the group could discuss that a possible reason for the “no” response is that the person went on a vacation just a few months ago and they will need to save money for another vacation. A response to that outcome may be to plan a vacation in Florida at a later time after they have saved enough money.