

THE IMPACT OF RARE CONDITIONS ON SELF-IDENTITY

Embracing Differences

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Overview

- 1 Living with Dwarfism
(Achondroplasia)
- 2 The Emotional Journey
- 3 Societal Barriers
- 4 The Psychology of Activism
- 5 Finding Identity Beyond the
Condition

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Acknowledgement

My experiences with a rare condition are personal and may not reflect the journeys of everyone in the rare condition community. Each story is unique, and it's essential to acknowledge and respect the diverse challenges we all encounter.

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Living with Dwarfism

- Brief Overview
- My Journey
- Significance of Sharing Personal Experiences

The Emotional Journey

Internal ID

IMPACT

GRIEF MAPPING

ACKNOWLEDGEMENT

Mapping the Grieving Process



**A technique for navigating complex emotions that has been beneficial for me.*

Importance of Acknowledging Feelings & Experiences

VALIDATION

**ENCOURAGING
OPENNESS**

**SUPPORT
NETWORKS**

Societal Barriers

External ID

- Stigma & Discrimination
- Examples of Societal Barriers
- The Impact on Self-Perception & Identity
- Strategies for Empowerment

Stigma & Discrimination

STEREOTYPING

**STRUCTURAL
INTERPERSONAL
EXPERIENCED**

RESISTANCE TO CHANGE

Societal Barriers

PHYSICAL

SOCIAL

ECONOMIC

The Impact on Self-Perception & Identity

**INTERNALIZED
STIGMA**

**ISOLATION
&
LONELINESS**

Strategies for Empowerment

**EDUCATION &
AWARENESS**

**ADVOCACY
& SUPPORT**

**BUILDING
COMMUNITY**

The Psychology of Activism

- Activism in the Context of Rare Diseases & Conditions
- Healthy Vs Wounded
- The Role of curiosity in Activism
- Connection Between Activism & Self-ID

Activism in the Context of Rare Diseases & Conditions

**WHAT IS
ACTIVISM?**

**IMPORTANCE
FOR RARE
CONDITIONS**

Healthy Activism vs. Wounded Activism

HEALTHY

WOUNDED

The Role of Curiosity in Activism

**CURIOSITY AS A
CATALYST**

Connection Between Activism & Self-Identity

**IMPACT ON SELF-ID:
INTERNAL FAMILY
SYSTEMS
FRAMEWORK**

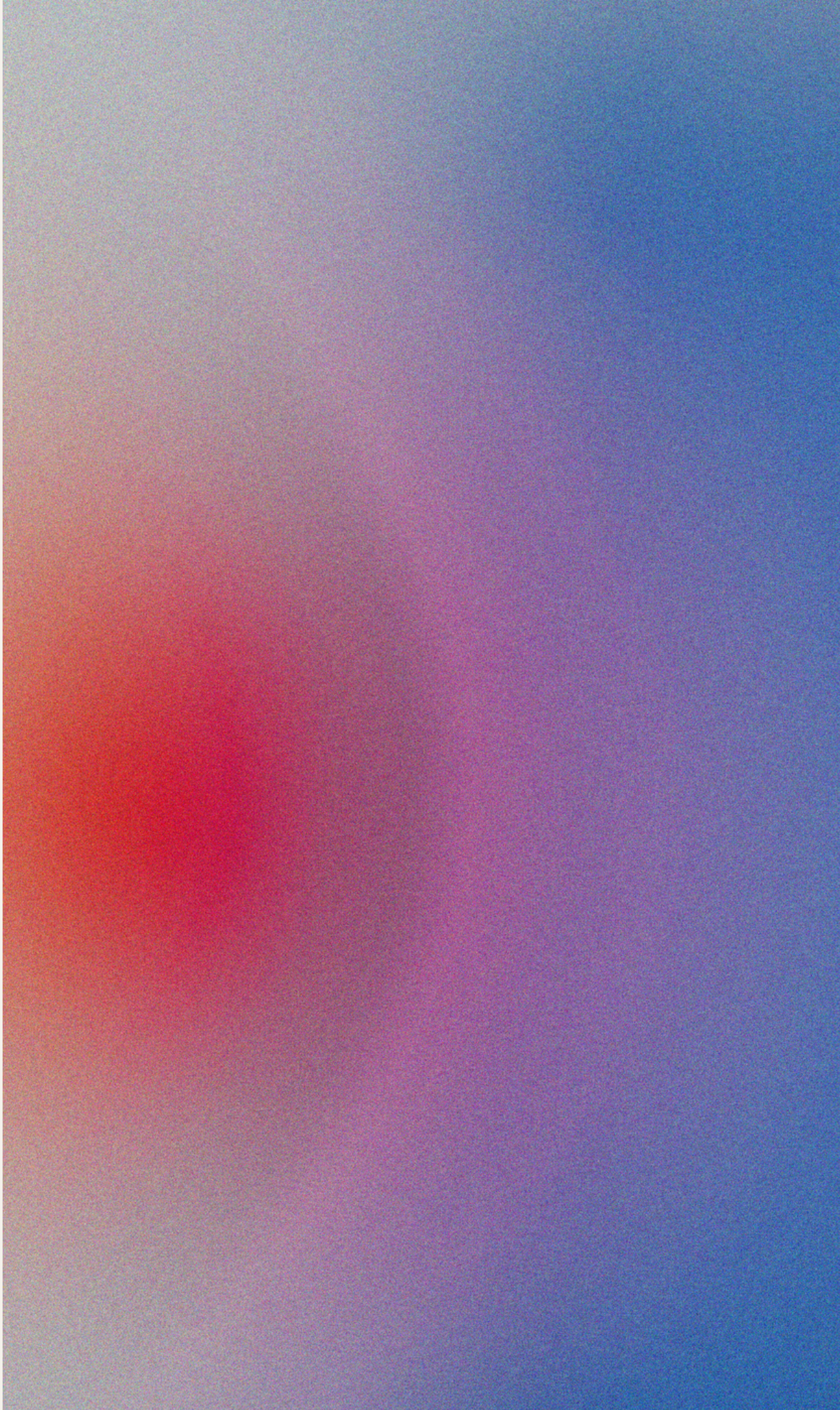
**COMMUNITY
&
BELONGING**

Why is this relevant ?

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Finding Identity Beyond the Condition

- Self-Acceptance
 - Community Connections
 - My Story of Transformation
- 



Self - Acceptance





Community Connections





My Story of Transformation



Thank you

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