

WHEN OTHERS QUESTION YOUR LIMITS

SET BOUNDARIES WITHOUT PUTTING YOUR BODY ON TRIAL

People may compare your capacity with their own, with another person who has the same diagnosis, or with what they saw you do on a better day.

DIFFERENT BODIES, DIFFERENT CAPACITY

- The same diagnosis can affect people differently.
- Symptoms can fluctuate.
- A person may be able to do an activity once but not repeatedly, safely, or without significant recovery.

SHORT RESPONSES

- 'My capacity varies.'
- 'I am following the plan that fits my health.'
- 'I am not discussing the details of my medical condition.'
- 'I can do X; I cannot safely do Y today.'

DO NOT OVER-PROVE

- You can explain when it helps, but you do not have to disclose every symptom to earn basic respect.
- Overexplaining can become exhausting when someone has already decided not to believe you.

OFFER AN ALTERNATIVE

- 'I cannot attend in person, but I can join remotely.'
- 'I cannot lift that, but I can handle the paperwork.'
- 'I need to leave after one hour.'
- Adaptation can preserve participation.

WATCH FOR COERCION

- Pressure to exceed medical limits, surrender mobility aids, skip medication, drive unsafely, or prove disability can cause harm.
- If someone controls care, money, transportation, or access in coercive ways, consider safety or advocacy support.

BELIEVE YOUR DATA

- Use symptoms, function, medical guidance, and your lived pattern to make decisions.
- Other people's disappointment is not a reliable measure of what your body can safely do.

You can communicate a limit without winning a debate about whether your condition is real enough.