You're making a mountain out of a molehill + You're being oversensitive + You know what I mean + Just let it go + Everybody's a little bit ableist + Nobody likes the language proportion +

ableist + No one likes it the way out of a molehill

molehill

what I mean it deals out a little bit

Just drop it +

You're blowing

Everybody's a little bit ableist, but...

Language is making a mountain out of a molehill + You're being oversensitive + You know what I mean + Just let it go + Everybody's a little bit ableist + Nobody likes the language proportion + Just let it go + Everybody's a little bit ableist + Nobody likes the language proportion...
Impact of these Words

These words are often used to describe someone with physical disabilities as inferior or deficient and supports stereotypical beliefs that individuals with disabilities should be viewed as abnormal, substandard, and defective.

Alternatives to this Phrase

If we are not conscious of the impact that our words carry, we may inadvertently use the power of our voice to oppress and degrade others. Here are some alternative phrases/words that can be used to transform how we understand and relate with each other through our daily interactions:

- Person who uses a wheelchair
- Person who is physically disabled
- Person with a disability
- Accessible (instead of “handicapped” bathroom stall, parking space, etc.)

Whether or not we understand the power of our words, we still use them…

so what kind of impact do you want to make?

For more information, visit our website:

https://www.macalester.edu/morethanwords