

SENSE DEPRIVATION PRACTICE DIARY

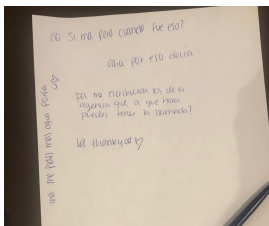
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IB Psychology

Only by this activity's name I can imagine the challenge it will be for me to accomplish this without failing or trying to quit. I'm sure I'm going to realize and learn many things from it.

DAY 1: MUTED (Thursday)

Today was my first day in this self challenging activity. Julián told us today in class that the activity started today so I started it after class. For my first day meaning my first self physical impediment I decided to choose muteness for the rest of the day. I didn't have any available transparent tape in my house but I found this bandana so I weared that to remind myself that I couldn't speak.



Dinner. This was a very challenging time of the day since I had dinner with my family. They obviously were having a conversation and I couldn't be part of it because I couldn't use my voice. I had to write the things I wanted to say on a piece of paper (as the image shows), but it was complicated because they were talking so fast that the things I was writing didn't apply to the conversation at that point.

This was a very challenging thing to do, since I'm used to communicate by speaking and not writing on a sheet of paper or doing signs with my hands. There were moments when I struggled a lot because I and wanted to talk, but when I was about to speak the bandana was like a reminder that I couldn't. The most difficult moments were when I was with my family because I couldn't speak and they didn't include me much in the conversation they were having. Also, for eating I took off my bandana and

it was more difficult to try not to speak since I didn't have something covering my mouth, but in the end I succeeded.

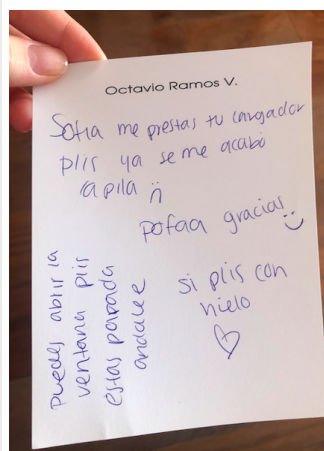
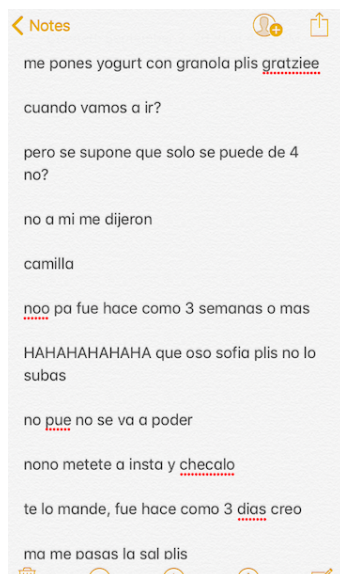
DAY 2: HEMIPLEGIA, NO LEFT ARM (Friday)



Today I decided to not use my left arm. This was a very challenging day as well since I am used to being able to use both my arms for mostly everything. I had to do exercise with just one arm and it was very difficult, I couldn't most exercises, such as push ups and stuff like that. I was very difficult to type in my computer with just one hand. To eat it was challenging but not that hard, I asked my dad to cut my food and with my other hand I managed to do the rest haha. What I found challenging was showering, since I am also very used to do it with both hands and I had to do it with just one.

DAY 3: MUTE (Saturday)

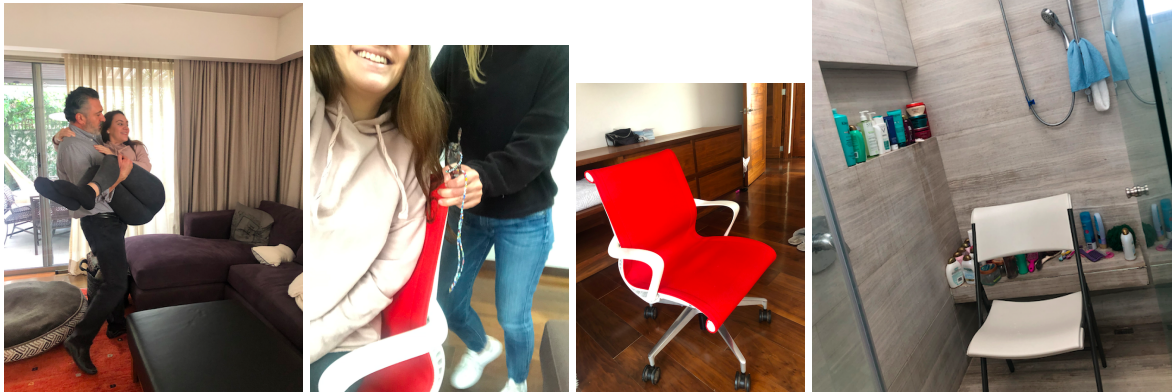
I decided to go mute again since it was the weekend and I didn't have classes so I didn't had to use my voice to work. It was challenging since I had to communicate again by a piece of paper or notes on my phone etc. while others could speak and maintain a conversation, so I did struggle.



DAY 4: HEMIPLEGIA, NO RIGHT ARM (Sunday)

Today I chose no right arm since I already tried it with the left one. I use my right arm for almost everything on my daily life, so I did struggle a lot. Since it was also not a school day, I didn't have to write so that was good, but I couldn't eat as comfortable as every other day, I struggled to shower, do exercise with one arm again and many other things because I am used to being able to use both my arms. It was really challenging.

DAY 5: PARAPLEGIC (Monday)



Today I decided to be paraplegic. I had to call my mom on the phone to come and help me get to where I wanted to go. I used the chair I use for my desk which has wheels as a wheelchair so it was easier to move me around. Showering was a big challenge, I placed a plastic chair on the shower and I asked my sister to help me since I couldn't reach everything. My morning wasn't that bad, I had an excuse for not doing exercise, a break is never bad, and online classes weren't that much of a challenge because I'm seating anyway, the struggling part was when I had to go to the bathroom or stretch a little.

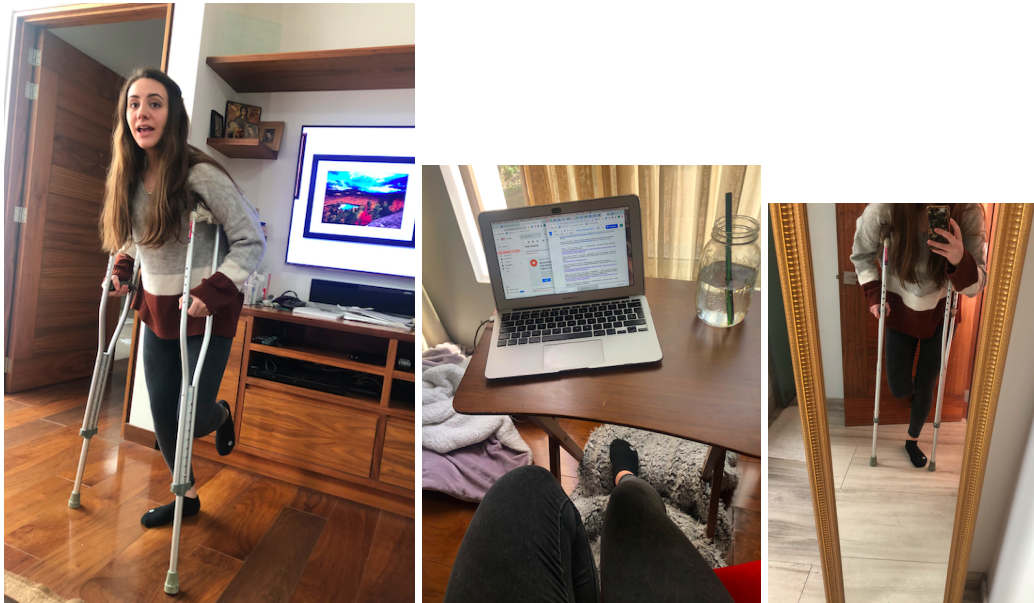
DAY 6: PARAPLEGIC (Tuesday)



Today I decided to repeat paraplegic. I decided to tie my legs together as a reminder that I couldn't move them, because yesterday it was hard to remember. I managed to

do thing a little bit quicker this time because I had already had experienced it. I had the help of my mom and my sister so that was a very big help but still I struggled to do some stuff. I decided to do exercise today but I could only use the upper body so I did some light weight and stuff like that, I felt more active than yesterday :)

DAY 7: NO LEFT LEG (Wednesday)



Today I decided to don't use my left leg. This time I had an advantage, not like yesterday and the day before, since I could use my right leg for support, and that helped me a lot. I used crutches as a support as well to help me to move around easier. This was challenging but not as much because as a child I used to have my leg injured a lot so I am used to use crutches, haha.

GENERAL CONCLUSION

How was your experience during this practice?

For me, this was a very challenging practice, I decided to rotate and change the impediments so I could experience them all or at least most of them. Obviously some were easier and some were harder to accomplish. I did struggle with all of them because I am not used to it, I am used to be able to use all my body thank to God and I really appreciate being able to, in most of them I had to put something on that part of the body as a reminder, for example, when I was mute I covered my mouth with a bandana; when I could use my arm I used the thing doctors give to you when you injure your arm, it's like an arm holder I don't really know its name; When I was paraplegic I tied my legs with a lace, etc., I did that because since I'm not used to not having that part of my body, sometimes I forget, and with those "reminders" it was easier to do it.

What did you learn about yourself and others?

I learned that I am capable of being able to manage the situation I was in. I also learned to appreciate what I have and what I can do every day without the need of others help. Finally, that not everyone can have the same facilities for many things, some people may struggle, get fed up, quit, more easily, etc.

How did you manage to communicate and explain your needs?

It depended on the impediment I had, I explained each one a little bit on each days reflection. But for example the hardest for me was muted because I couldn't use my voice, so I communicated through a piece of paper or through my phone in the app notes or whatsapp.

What did this experience make you think about the relationship between social identity and disability?

I think that this practice made us realize many things and question our social identity, since social identity is a person's sense of who they are. So this activity of blocking a part of our body that we are used to using and which leads to it being part of our social identity since it is something that most society is born with and the "normal", "most common" way is for us to be able to use our body, made us realize that having this impediment may change this social identity or modify it.

By my experience I think that a social identity changes on a person if an impediment is put on, either if it's optional or not, since you are forming part of another "social" group.