

Borrow a pair of glasses

The prescription strength doesn't matter. If you wear glasses already, take them off.

This prompt helps you understand what it's like to have a visual condition (bit.ly/ep-visual) like near or farsightedness (bit.ly/2q736XI).



Close your eyes and use a screen reader

Use either NVDA (bit.ly/2qV5ykM) for Windows or VoiceOver (apple.co/2pBlvZx) for Mac to operate your computer.

This prompt helps you understand what it's like to have a visual condition (bit.ly/ep-visual) like blindness (bit.ly/2pmckAa).



Enable high contrast mode

Use this operating system setting on Mac (bit.ly/2r7eMYE) or Windows (bit.ly/2q8Bd17) to enable a special theme.

This prompt helps you understand what it's like to have a visual condition (bit.ly/ep-visual) like cataracts (mayoclinic.org/2ppPqbe).



Exercise strenuously

Try a full body workout (bit.ly/2r3OAOy), then try and prepare dinner from scratch. Remember to stretch and hydrate!

This prompt helps you understand what it's like to have a motor condition (bit.ly/ep-motor) like Multiple Sclerosis ([wb.md/2qtJRbJ](https://www.multiple-sclerosis.org/2qtJRbJ)).



Go to a loud coffee shop

Try and have a quiet conversation with a friend. A popular bar could also suffice.

This prompt helps you understand what it's like to have an auditory condition (bit.ly/ep-auditory) like hearing loss (bit.ly/2q53lgb).



Hold a Sharpie with your mouth

Keep your hands behind your back and try to use your computer with the improvised mouth stick (bit.ly/2q8lgI0).

This prompt helps you understand what it's like to have a motor condition (bit.ly/ep-motor) like quadriplegia (bit.ly/2r5yVgN).



Install a bookmarklet

Add this Dyslexia simulator bookmarklet (bit.ly/2qZh6Ud) to your web browser. Turn it on before reading a news article.

This prompt helps you understand what it's like to have a cognitive condition (bit.ly/ep-cognitive) like Dyslexia (mayocl.in/2ppHPti).



Listen to this video

Put on some earbuds and play this video (youtu.be/0HIfqyHbKgY). Then try and have a conversation with a coworker.

This prompt helps you understand what it's like to have a cognitive condition (bit.ly/ep-cognitive) like Dyslexia (mayocl.in/2ppHPti).



Lower your screen's brightness

Use either your monitor's settings, or do this through your operating system (Mac or Windows).

This prompt helps you understand what it's like to have a visual condition (bit.ly/ep-visual) like glare (bit.ly/2qi8HKz).



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Mute your speakers

Then try and watch a documentary (bit.ly/2q8xaSx).

This prompt helps you understand what it's like to have an auditory condition (bit.ly/ep-auditory) like neural hearing loss (bit.ly/2qxw4kn).



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Run your documents through a translator

Google offers a service (translate.google.com) to help with this. The lack of accuracy is the point!

This prompt helps you understand some of the cognitive challenges for having English as a second language (bit.ly/2pEmCaM).



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Sit on your dominant hand

You'll have to rely on your non-dominant hand.

This prompt helps you understand what it's like to have a motor condition (bit.ly/ep-motor) like limb loss (wb.md/2pDdJh1).



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Slow down your connection

Use the Network tab in Google Chrome's Developer Tools to throttle your network connection (bit.ly/2pBI9Cb).

This prompt helps you understand what it's like to use the internet in a low bandwidth situation.



Speak in Pig Latin

Familiarize yourself with the rules (bit.ly/2r1Xg7j), then exclusively use it to communicate.

This prompt helps you understand what it's like to have a cognitive condition (bit.ly/ep-cognitive) like an oral learning disability (bit.ly/2q4KxDD).



Spin around

Once you've gotten dizzy, try solving a crossword puzzle on your smartphone.

This prompt helps you understand what it's like to have a motor condition (bit.ly/ep-motor) like vertigo (wb.md/2pzXc29).



Try a simulation

These series of exercises (bit.ly/2r7dsF2) demonstrate the different ways aphasia can manifest.

This prompt helps you understand what it's like to have a cognitive condition (bit.ly/ep-cognitive) like a traumatic brain injury (mayoclinic.org/2qZkK0n).



Use NoCoffee

Add this low vision simulator extension (bit.ly/2pDQK6o) to Google Chrome. Turn it on before using the web.

This prompt helps you understand what it's like to have a visual condition (bit.ly/ep-visual) like color blindness or a blocked visual field (bit.ly/2q8tJuV).



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Unplug your mouse

Navigate your computer using the keyboard. Using the trackpad is cheating!

This prompt helps you understand what it's like to have a motor condition (bit.ly/ep-motor) like Parkinson's disease (mayoclinic.org/2q5dsXL).



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Use a projector

See how your company's website looks on a cheap projector.

This prompt helps you understand what it's like to have a visual condition (bit.ly/ep-visual) like contrast loss (bit.ly/2qa8dV7).



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Use a screen magnifier

Use an operating system setting on Mac (apple.co/2r7M2yL) or a program on Windows (bit.ly/2qZ5twC) to show a magnified version of your screen.

This prompt helps you understand what it's like to have a visual condition (bit.ly/ep-visual) like Glaucoma (mayoclinic.org/2r5SEwG).



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Wake up early

Set an alarm for 2:45 AM and immediately try to book a flight for that vacation you've been dreaming about.

This prompt helps you understand what it's like to have a cognitive condition (bit.ly/ep-cognitive) like diminished problem-solving skills (bit.ly/2qZoxei).



Wear mittens

Put on that cozy winter gear and try playing a browser-based game (kongregate.com).

This prompt helps you understand what it's like to have a motor condition (bit.ly/ep-motor) like Arthritis (mayoclinic.org/2qtEqto).



Zoom out

Resize the text on your browser to make it text very small. Type **CTRL** + **-** on Windows or **CMD** + **-** on Mac until the text stops shrinking.

This prompt helps you understand what it's like to have a visual condition (bit.ly/ep-visual) like Nearsightedness (bit.ly/2qV8XjD).



Empathy Prompts

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Prompts to consider when making things for others to use.

These prompts are intended to help build empathy, not describe any one person's experience. These prompts are **not** intended to tokenize the experience of the individuals experiencing these conditions.