

The next sub- topic was eye contact. I am lucky that I'm able to make eye contact, however I understand that this issue is a major concern to those who brought it up.

The next sub- topic was comparisons to others. I do this a lot either to my sighted peers or sometimes to someone who has achieved more despite having Nystagmus themselves. I feel left behind on many achievements in my life. Even though I feel this way, there are things that I have achieved despite having Nystagmus. For example, going to college, freelancing.

The next sub- topic was others failure to recognize the condition and the effects of it. I agree when the article stated that the people who were interviewed, were left out by many medical doctors, scientists, family members and friends. I've had many medical doctors and eye doctors say they have never heard of the condition, and for those who have, I have had them say to me that I am moving my eyes for attention and that my visual impairment does not exist. Many of those doctors do not understand the impact that Nystagmus has on my life.

My family fails to understand that I can not get more help than what I am getting, and that I am limited with my career choices. Even though there are people who do not understand Nystagmus and how there can be limitations, I do have supportive friends and some strong family connections.

The next sub- topic was feelings about inner self confidence and self-esteem. This is another topic that I agree with because I was not getting any help for my visual impairment until my late elementary years. My mother kept me from doing a lot of things for myself, and this has impacted who I am today. Even though I had problems with self-confidence and low self-esteem, there are things you can do to improve this, like taking a class, learning new skills.

The next sub- topic was sadness/distress, I feel sad that I have this condition and I wish I could change it. It feels good that I am not the only one who feels this way. Even though I wish I did not have this condition, it has made me work harder for my achievements and for my goals.

The next sub-topic was Negative future abandoned/let down. I feel letdown by employers and my caseworkers when I don't get what I need or when I am told there is nothing else we can do to help you. Even though I feel this way, I know there will be an employer who,