

Ability Dysphoria

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Content Warnings:

- Discussion of species dysphoria.
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I think we've talked about dysphoria from not having your abilities/powers that you remember having/should have, but I don't think we've talked about fear relating to it.

I mean, a normal human body is weak and hardly has any defense compared to what I could do. It would be like taking the hard scales and spikes from a dragon--you feel exposed, you're missing a part of you that kept you safe.

But.. we're disabled, on top of that. Not only am I weaker than I was before, but my body can't hold up to a lot of those around me who would otherwise be on similar levels. I can't stand for long. If I walk too much in a day my knees try to give out, and hurt for a week after. I can't throw a good punch. I can hardly even balance without a cane half the time. You've taken that metaphorical dragon, removed his spikes, teeth, claws, scales, wings and fire, and now he is soft. He's only skin and brittle bone. Now he is unsafe around other dragons--he wouldn't be able to win if some fight were to break out. He wouldn't be able to save himself.

It's that feeling of wrongness, of exposure, of knowing that so many things are threats now that weren't before. There's so much more that can get you. It's worse than the dysphoria itself. I would care less about losing what I had if I knew I could defend my system in this body, but I can't.

It's horrible.