

“BUT
YOU
DON'T
LOOK
DISABLED”

~a zine~

THIS IS
WHAT YOU
ON THE
OUT SIDE



THIS
IS
WHAT
IS ON
THE
INSIDE



MULTIPLE
APPOINTMENTS

CHRONIC
PAIN

"BUT YOU WERE FINE YESTERDAY"

"YOU DON'T LOOK SICK"

"YOU SHOULD TRY TO GO TO THE GYM"

"YOU SHOULD SLEEP ON TIME"

"BUT YOU ALWAYS DRESS WELL"



"YOU HAVE EVERYTHING ONE COULD EVER WANT"

"YOU SEEM TO BE THRIVING THOUGH"

"YOUR ENVIRONMENT IS SO SUPPORTIVE THOUGH"

"BUT YOUR PARTNER IS SO LOVING"

"BUT I SEE YOU HAVING FUN OFTEN"

"YOU DON'T SEEM TO BE IN ANY PAIN"



"YOU

DON'T

LOOK

DISABLED"



**because you don't
know what disability
looks like.**

This is a zine called “But You Don’t Look Disabled” about hidden or invisible disabilities.

The cover page says “BUT YOU DON’T LOOK DISABLED - a zine”

The first page is an image of a smiling woman in a pink dress and the text around her reads “This is what you see on the outside.”

The second page shows different parts of her body experiencing various symptoms such as brain fog, a racing heart, fatigue in her arms and chronic pain in her legs. The text around her says “This is what is on the inside.”

The third page is an image of the woman sitting down with her head on her knees. Things that are commonly said to people who may not have visible disabilities.

On the last page, “You don’t look disabled” is again written in bold characters. Underneath it are the words “because you don’t know what disability looks like.” The page is covered with sunflowers.

Made by
Yuvna Pal
yuvnapal4@gmail.com