



# PRINCIPLES OF **BeingHeard**

01

**Our lives define us, not our hearing loss.**

02

**We're intelligent, engaged, and valued** in spite of our hearing loss.

03

**We're the heroes** of our hearing loss, not its victims

04

**We advise** people what we need them to do so we can hear them best

05

**We're honest** with ourselves and others; we don't pretend to hear when we don't

06

**We use assistive listening devices proudly,** and advocate for installing them in public places

07

**We see the humor** when we misunderstand what people say, and are able to laugh at it.

08

**We accept with grace** the hearing challenges that we cannot change.

09

**We are grateful** for our courage and strength in living these Principles.