



"The trouble is that once you see it, you can't unsee it. And once you've seen it, keeping quiet, saying nothing, becomes as political an act as speaking out. There is no innocence. Either way, you're accountable." — Arundhati Roy

From <https://www.autistichoya.com/p/ableist-words-and-terms-to-avoid.html>

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BEFORE YOU CONTINUE:

*Note that only **some** of the words on this page are actually **slurs**. Many of the words and phrases on this page are **not generally considered slurs, and in fact, may not actually be hurtful, upsetting, retraumatizing, or offensive to many disabled people**. They are simply considered **ableist** (the way that referring to a woman as emotionally fragile is sexist, but not a slur). You're not automatically a bad or evil person/activist if you have used random language on here, but if you have the cognitive/language privilege to adjust your language, it's definitely worthwhile to consider becoming more aware/conscious of how everyday language helps perpetuate ableist ideas and values.*

For my most recent perspective on linguistic ableism and the reason that this page exists, see this post: [Violence in Language: Circling Back to Linguistic Ableism](#).

Ableism is not a list of bad words. Language is *one* tool of an oppressive system. Being aware of language -- for those of us who have the privilege of being able to change our language -- can help us understand how pervasive ableism is. Ableism is systematic, institutional devaluing of bodies and minds deemed deviant, abnormal, defective, subhuman, less than. Ableism is *violence.*

This list has been compiled and changed over time with input from many different disabled people, people with disabilities, self-advocates, d/Deaf and hard of hearing people, people with chronic illnesses, sick people, mad people, neurodivergent people, etc. -- and I am always responsive to suggestions from folks who are directly impacted. Also, people in community often disagree about whether a word should be on this list or not, and whether a word on this list is a slur as opposed to a non-slur that is nonetheless ableist in origin or use or both.

Note from 16 June 2013:

This page has received ~~tens~~ hundreds of thousands of pageviews since it launched, and has been simultaneously the subject of a number of angry and accusatory comments and letters as well. I never wrote an introduction to this page before, so I'm going to take the time to briefly do so now. The most frequent accusations that I receive in response to this page can fall into three general accusations that I am a) attempting to police everyone's language, b) obsessed with being politically correct, and or c) extremely hypersensitive to imagined insults and slights. I contend that none of these accusations are true.

Language is inherently political. Both as individuals and as larger social and cultural groups, it is self-evident that the language we use to express all sorts of ideas, opinions, and emotions, as well as to describe ourselves and others, is simultaneously reflective of existing attitudes and influential to developing attitudes.

The terms that are listed below are part of an expanding English-language glossary of ableist words and terms. I have chosen to include words or phrases that I know of or that are brought to my attention that meet two criteria: 1) Their literal or historical definition derives from a description of disability, either in general or pertaining to a specific category of disability, and 2) They have been historically and or currently used to marginalize, other, and oppress disabled people.

The rationale for including some of these words may be readily apparent to many visitors as meriting inclusion on this list, such as for "retarded" and "invalid." For others, however, there may be the lingering suspicion that I have opted to be overinclusive and thus, extremely hypersensitive and obsessed with being politically correct. The reason that I have listed words that may not readily come to mind when asked to consider "insults and slurs targeting disability" is precisely because so much of this ableist language is utterly pervasive both in everyday colloquy and formal idiom with hardly any notice or acknowledgement, even by fellow disabled people not using the language as part of any reclamation project. On that note, the list is not intended to condemn or scold disabled people who use any of the words included in the spirit of reclamation or as self-descriptors.

Its primary purpose is to serve as a reference for anyone interested in learning about linguistic microaggressions and everyday, casual ableism. And to the observation that some of the terms offered as alternatives carry analogous meanings, I have stated that the reason some words are included while others are not is because some words have oppressive histories and others do not. For example, the word "*dumb*" has a disability-specific history (referring to people who cannot speak, and often used to refer to Deaf people), whereas the word "*obtuse*" does not (deriving from a meaning of "beating against something to make it blunt or dull").

Granted, there will always be folks, disabled or not, who will disagree with the existence, purpose, and or scope of this glossary for a variety of reasons. This brief essay is not intended as a thorough examination of and response to every possible criticism, which would merit an entire series of essays to adequately discuss. My hope is that the glossary will continue to serve as a resource for those interested in its purpose and contents, and that criticisms of this page might now be more nuanced and more informed, given this background and explanation.

+ As a side note, it should be obvious to most readers that political correctness has little, if anything, to do with basic human decency and respect for others, and my primary concern is, in fact, basic human decency and respect for others. Also note that I emphatically insist on referring to myself and my community as autistic, which is

assuredly not the politically correct terminology.

++ As another side note, it is my intention to eventually expand the entries on this page to either further explain each term's history and or to link to other pages, such as the Ableist Word Profiles from Forward: Feminists with Disabilities (FWD), that have already done so.

Glossary of Ableist Phrases

This is a list of ableist words and terms for reference purposes. Some of the entries are slurs, some are descriptions of disabled people or other people with pathologized identities/bodies/experiences, some are slang that derive from ableist origins, and some are common metaphors that rely on disability and ableism. There are also many terms or phrases that are ableist when used together, but are **not** on this list (like "afflicted with symptoms of [disability]" or "living with physical challenges" or "incapable of managing their behavioral health needs"), because the words taken apart do not have a disability-specific history or current meaning.

This is a living document, constantly growing, expanding, and changing. If I've missed something, please let me know!

One important note: Many people who identify with particular disabilities or disability in general may use descriptors from this list in an act of reclaiming the language. You may well too! BUT if you do not identify with a particular disability/disabled identity, it's probably appropriative to use some of those terms. (Some examples are mad and cripp.)

After the list of ableist words and terms, I have included lists of alternatives to ableist slurs, descriptions, and metaphors, if you're interested in unlearning the patterns of linguistic ableism in your own language.

Generally ableist terms/phrases (some are slurs, some not)

I've listed some alternatives for each phrase, but a longer list of alternatives that can be used for many terms is at the bottom of this page.

Blind to _____ / turn a blind eye to _____ / blinded by ignorance/bigotry/etc. / double-blind review

Refers to Blind, low-vision, or sight-limited people. Often used as a metaphor.

Consider instead: willfully ignorant, deliberately ignoring, turning their back on, overcome by prejudice, doubly anonymous, had every reason to know, feigned ignorance

Bonkers

Can refer to people with mental or psychiatric disabilities, if the implication from use is that a person is "like a crazy person."

Consider instead: wild, confusing, unpredictable, impulsive, reckless, fearless, lives on the edge, thrill-seeker, risk-taker, out of control

Bound to a wheelchair (wheelchair bound)

Refers to people with physical or mobility disabilities. Considered ableist because many wheelchair-users

experience wheelchairs, and other mobility aids, as liberating, since they enable freedom of movement, rather than confining or restrictive.

Consider instead: uses a wheelchair, wheelchair-user, in a wheelchair, began using a wheelchair, needs or requires a wheelchair, is a full-time wheelchair-user

Burn victim

Refers to people who have survived burns and have visible scars from burns. Not considered offensive by all.

Consider instead: burn survivor, significant scarring from burns

Confined to a wheelchair

Refers to people with physical or mobility disabilities. Considered ableist because many wheelchair-users experience wheelchairs, and other mobility aids, as liberating, since they enable freedom of movement, rather than confining or restrictive.

Consider instead: uses a wheelchair, wheelchair-user, in a wheelchair, began using a wheelchair, needs or requires a wheelchair, is a full-time wheelchair-user

Crazy

Refers to people with mental or psychiatric disabilities.

Consider instead: wild, confusing, unpredictable, impulsive, reckless, fearless, lives on the edge, thrill-seeker, risk-taker, out of control

Cripple/Crippled (by _____)

Refers to people with physical or mobility disabilities. Often used as a metaphor.

Consider instead: Frozen by, stopped by, completely stuck, totally halted all operations (if using metaphors); physically disabled person, person with a mobility impairment, paralyzed person (if referring to a disabled person)

Cuckoo

Refers to people with mental or psychiatric disabilities, when not used to describe the bird.

Consider instead: wild, confusing, unpredictable, impulsive, reckless, fearless, lives on the edge, thrill-seeker, risk-taker, out of control

Daft

Refers to people with mental or psychiatric disabilities.

Consider instead: dense, ignorant, lacks understanding, impulsive, risk-taker, uninformed, silly, foolish

Deaf-Mute

Refers to Deaf or hard of hearing people.

Consider instead: Deaf person, nonspeaking Deaf person, signing Deaf person, hard of hearing person, DeafBlind person, ASL user, ASL speaker, signer

Deaf to _____ / turn a deaf ear to _____ / etc.

Refers to Deaf or hard of hearing people. Often used as a metaphor.

Consider instead: willfully ignorant, deliberately ignoring, turning their back on, had every reason to know, feigned ignorance

Deformed / deformity

Refers to people born with absent limbs, disfigurements, or other atypical appearances, or who later have amputations, burn scars, or other changes to their physical appearance that are stigmatized in society. Note that many people do not mind use of the words deformed or deformity, and others find the word disfigurement offensive.

Consider instead: describing the specific condition or appearance

Deranged

Refers to people with mental or psychiatric disabilities.

Consider instead: wild, confusing, unpredictable, impulsive, reckless, fearless, lives on the edge, thrill-seeker, risk-taker, out of control, scary

Derp (also herp-derp, der, durr, duh, doy, and variations)

Sounds meant to mock vocalizations that people with intellectual disabilities are stereotyped as making. Some originated, per Oxford English Dictionary, with a 1943 Bugs Bunny cartoon. (h/t Josh Klopfenstein for this information on "duh")

Consider instead: obviously, of course, uh yeah, ummm, ummm uhhh, um yeah, hell yeah, fuck yeah

Diffability

Can refer to any person with a disability, and is usually a euphemistic phrase to avoid saying "disability" or "disabled."

Consider instead: disabled person or person with a disability (referring to individuals); disability/ability statuses (referring to an identity/social category)

Differently abled or different abilities

Can refer to any person with a disability, and is usually a euphemistic phrase to avoid saying "disability" or "disabled."

Consider instead: disabled person or person with a disability (referring to individuals); disability/ability statuses (referring to an identity/social category)

Dumb

Refers to d/Deaf or hard of hearing people, people with speech-related disabilities, or people with linguistic or communication disorders or disabilities.

Consider instead: dense, ignorant, lacks understanding, impulsive, risk-taker, uninformed, silly, foolish (to replace metaphor); nonspeaking, nonverbal, person with a speech impairment, person with a cognitive disability, Deaf person, hard of hearing person (to refer to a Deaf or disabled person)

Gimp/gimpy

Refers to people with physical and mobility disabilities.

Handicap(ped)

Refers to people with physical or mobility disabilities, and is usually a euphemistic phrase to avoid saying "disability" or "disabled."

Consider instead: Disabled person, physically disabled person, wheelchair-user, person with a disability (to refer

to a person); *accessible parking, placard parking, disabled-only parking (to refer to designated parking spaces)*

Handicapable

Usually refers to people with physical or mobility disabilities, but can also mean any person with a disability.

Consider instead: Disabled person, physically disabled person, wheelchair-user, person with a disability

Harelip

Refers to people with cleft-lip palate or similar facial deformities/cosmetic disabilities.

Consider instead: cleft lip, cleft palate, cleft lip and palate

Hermaphrodite

Refers to people with intersex conditions, whether or not they were coercively assigned to a particular sex/gender, and whether or not they currently identify with a binary gender.

Consider instead: intersex person or person with intersex condition (if you are referencing a person's genitals or chromosomes); gender non-conforming, gender variant, or genderfluid person (if you are referencing a person's divergence from expectations of gender norms/expression)

Idiot(ic)

Refers to people with intellectual disabilities.

Consider instead: Uninformed, reckless, impulsive, ignorant, risk-taking, risky and dangerous, dipshit

Imbecile

Refers to people with intellectual disabilities.

Consider instead: Uninformed, reckless, impulsive, ignorant, risk-taking, risky and dangerous, dipshit

Insane or Insanity

Refers to people with mental or psychiatric disabilities. Often used as a metaphor.

Consider instead: wild, confusing, unpredictable, impulsive, reckless, fearless, lives on the edge, thrill-seeker, risk-taker, out of control

Lame

Refers to people with physical or mobility disabilities. Often used as a metaphor.

Consider instead: Boring, uninteresting, monotonous, lacks excitement, uncool, out of fashion (if using metaphors); physically disabled person, person with a mobility impairment, paralyzed person (if referring to a disabled person)

Loony / Loony Bin

Refers to people with mental or psychiatric disabilities.

Consider instead: wild, confusing, unpredictable, impulsive, reckless, fearless, lives on the edge, thrill-seeker, risk-taker, out of control

Low-functioning or high-functioning, level ____ autism, mild/severe ____

Refers to disabled people's perceived ability to seem "normal" and not disabled. Often used in the context of autism, psychosocial disabilities (mental illnesses), and addiction-related disabilities. "High-functioning" dehumanizes people by ignoring the ways in which they need support, have challenges/struggles, or experience

distress. "Low-functioning" dehumanizes people by ignoring their personhood and capabilities.

Consider instead: Describing the specific characteristics a person has that are relevant to a particular description or context, e.g. "needs help eating and bathing" or "is able to go to college."

Lunatic

Refers to people with mental or psychiatric disabilities.

Consider instead: wild, confusing, unpredictable, impulsive, reckless, fearless, lives on the edge, thrill-seeker, risk-taker, out of control, scary

Madhouse / Mad / Madman (also nuthouse)

Refers to an institution housing people with mental or psychiatric disabilities.

Consider instead: wild, confusing, unpredictable, impulsive, reckless, fearless, lives on the edge, thrill-seeker, risk-taker, out of control, scary

Maniac

Refers to people with mental or psychiatric disabilities.

Consider instead: wild, confusing, unpredictable, impulsive, reckless, fearless, lives on the edge, thrill-seeker, risk-taker, out of control, extremely energetic

Mental/Mental Case

Refers to people with mental or psychiatric disabilities.

Midget

Refers to little people or people with small stature or a form of dwarfism.

Morbidly obese (or just obese)

Refers to fat people/people of size. Note that per many fat activists, it's often completely acceptable to use the word "fat" as a description, so long as it's not used as a pejorative in and of itself.

Consider instead: fat person, person of size

Moron(ic)

Refers to people with intellectual disabilities.

Consider instead: Uninformed, reckless, impulsive, ignorant, risk-taking, risky and dangerous, dipshit

Mouth breather

Invokes the idea of people who breathe only or mostly through their mouths (instead of their noses) as unintelligent brutes.

Consider instead: Uninformed, reckless, impulsive, ignorant, risk-taking, feckless, narrow-minded, dipshit

Nuts (or also nutcase, nutter, similar terms deriving from the same source)

Refers to people with mental or psychiatric disabilities.

Consider instead: Uninformed, reckless, impulsive, ignorant, risk-taking, risky and dangerous, dipshit

Psycho

Refers to people with mental or psychiatric disabilities.

Consider instead: wild, confusing, unpredictable, impulsive, reckless, fearless, lives on the edge, thrill-seeker, risk-taker, out of control, scary

Psychopath(ic)

Refers to people with mental or psychiatric disabilities. Some people use it specifically to refer to people with antisocial personality disorder or narcissistic personality disorder, or with the quasi-psychiatric categories of psychopathy or sociopathy (these are disputed). Often used metaphorically.

Consider instead: selfish, self-centered, lacks empathy, callous, toxic, manipulative, egotistical, abusive, wild, confusing, unpredictable, impulsive, reckless, fearless, lives on the edge, thrill-seeker, risk-taker, out of control, scary

Retard(ed)/[anything]-tard (examples: **libtard**, **fucktard**, etc.)

Refers to people with intellectual disabilities.

Consider instead: Uninformed, reckless, impulsive, ignorant, risk-taking, feckless, narrow-minded, dipshit

[you belong on the] Short-bus/ that's short-bus material/etc.

Refers to people with intellectual, learning, or other mental disabilities.

Consider instead: uninformed, reckless, impulsive, ignorant, tacky, What were you thinking?, What the hell were you thinking?, What the actual fuck?

Spaz(zed)

Refers to people with cerebral palsy or similar neurological disabilities.

Consider instead: klutzy, clumsy, forgetful, impulsive, reckless

Specially Abled

Can refer to any person with a disability.

Consider instead: Disabled person, person with a disability

Special Needs

Usually refers to people with learning, intellectual, or developmental disabilities, but can mean any person with a disability. Usually a euphemistic phrase to avoid saying "disability" or "disabled."

Consider instead: Disabled person, person with a disability

Stupid

Refers to people with intellectual disabilities (i.e. "in a stupor").

Consider instead: Uninformed, reckless, impulsive, ignorant, risk-taking, risky and dangerous, dipshit

Wacko/Whacko

Refers to people with mental or psychiatric disabilities.

Consider instead: wild, confusing, unpredictable, impulsive, reckless, fearless, lives on the edge, thrill-seeker, risk-taker, out of control

Terms that are not inherently ableist, but become so *in context*

I've listed some alternatives for each phrase, but a longer list of alternatives that can be used for many terms is at the bottom of this page.

Albino

Refers to people with albinism. Most likely ableist when used as a noun by itself (e.g. "she's an albino").

Consider instead: person with albinism, albino person, person who has albinism

Autistic

This is ableist specifically when used as a substitute for "self-centered" or "lacking empathy." It is not ableist if referring to someone who is actually autistic.

Consider instead: selfish, self-centered, lacks empathy, callous, narrow-minded, single-track mind, hyper-focused

Barren

This is ableist when it refers to people who are infertile, carries sexist connotations as well as ableist ones. It is not ableist if discussing agriculture/farming.

Consider instead: infertile, unable to conceive

Bipolar

This is ableist when used as a substitute for "switching very rapidly," "indecisive," or "shifting from one extreme to another" (e.g. "the weather here is so bipolar"). It is not ableist when referring to people who actually have bipolar disorder.

Consider instead: rapidly changes opinions, indecisive, extreme opposites, switching from one extreme to another

Borderline

This is ableist when used to imply a person seems mentally ill because they are unpleasant, toxic, abusive, or manipulative. It is not ableist when referring to people who actually have borderline personality disorder.

Consider instead: unpleasant, toxic, abusive, manipulative, mixed-signals

Deluded / delusional

Refers to people with psychosocial disabilities / mad people / mentally ill people, when experiencing altered states such as hearing voices, having intrusive thoughts, or experiencing paranoia. Often used as a metaphor.

Consider instead: out of touch, totally disconnected, unrealistic expectations, pie-in-the-sky fantasies

Depressed / depressing

Refers to people experiencing various forms of depression. This becomes ableist when not referring to people actually experiencing depression, but merely as a shorthand for sad, upsetting, or disappointing.

Consider instead: sad, upsetting, disappointing, devastating, frustrating, tragic, sad reminder

Freak, freaky

Historically used to refer to disabled people of all kinds who were exhibited in racist, ableist "freak shows" or "circus sideshows," and is still often a coded term for neurodivergence. This isn't necessarily universally ableist, but can have ableist connotations, depending on context.

Consider instead: out of this world, totally unexpected, inconceivable; what the fuckery; idiosyncratic, quirky, unusual

Impaired / impairment

The term "impairment" is sometimes acceptable and sometimes not. Many (though not all) blind, low-vision, and limited-sight people find "visual impairment" or "vision impairment" offensive. Others describe themselves as visually impaired. Likewise, d/Deaf and hard of hearing people generally find "hearing impairment" offensive. Other disability communities use the word commonly, as in, "learning impairment," "cognitive impairment," or "functional impairment." Your mileage may vary.

Manic

Refers to someone with bipolar (used to be called manic depression). (The word becomes ableist when not used to refer to someone actually experiencing mania or a manic state.)

Consider instead: burst of energy, high-strung, type A personality, meticulous, high-energy, intense

Multiple personalities

This is ableist when used to imply or state that a person is double-dealing, two-faced, manipulative, deceptive, or changing rapidly. It is sometimes, but not always, ableist when describe people who actually have dissociative identity disorder or who belong to multiple systems, depending on language preference of the particular people or systems involved.

Consider instead: two-faced, double-dealing, manipulative, deceptive, changing rapidly, shows one face here and another face there, seems like a different person in another context

Narcissistic

Refers to various neurotypes and psychosocial disabilities, like antisocial personality disorder and narcissistic personality disorders (becomes ableist when not referring to a person considered or known to have NPD)

Consider instead: selfish, self-centered, lacks empathy, callous, toxic, manipulative, egotistical, abusive

OCD

This is ableist when used as a substitute for "fastidious," "meticulous," "anal-retentive," or "high-strung." It is not ableist when referring to people who actually have obsessive-compulsive disorder.

Consider instead: fastidious, meticulous, anal-retentive, high-strung, hyper-focused, type A personality

- Phobic (examples: homophobic, Islamophobic)

Appropriates description of a specific mental illness / psychosocial disability, frequently to describe hatred, fear, bigotry, or oppression, or else to describe something disliked or unpleasant. This is not ableist when it refers to someone who actually has a phobia such as agoraphobia, claustrophobia, emetophobia, etc.

Consider instead: anti-Muslim, queer-antagonistic, fatmisia, bigotry against, bias against, hate of, prejudice against, oppressive, etc.

Psychotic

Refers to people with mental or psychiatric disabilities. (The word "psychotic" becomes ableist when not used to refer to someone actually experiencing psychosis, either acute or chronic.)

Consider instead: wild, confusing, unpredictable, impulsive, reckless, fearless, lives on the edge, thrill-seeker, risk-taker, out of control, scary

Schizo or schizophrenic

This is ableist when used as a substitute for "switching rapidly" or "acting without regard for others" or otherwise implying a person seems mentally ill simply because they are unpredictable or make someone uncomfortable. The words "schizophrenic," "schizoaffective," and "schizotypal" are not ableist when actually referring to a person with schizophrenia, schizoaffective disorder, or schizotypal personality disorder.

Consider instead: wild, confusing, unpredictable, impulsive, reckless, fearless, lives on the edge, thrill-seeker, risk-taker, out of control, scary, lacks empathy, toxic, manipulative, egotistical, abusive, unpredictable

Suffers from _____

Can refer to any person with a disability. Often ableist because it assumes that being disabled always means suffering, when that is frequently not true. This is not ableist when it is a person's chosen description, or if it is describing a specific universally unwanted and painful experience (like having seizures).

Consider instead: has a disability

The wheelchair (referring to a person who uses a wheelchair)

The word "wheelchair" isn't ableist. Using the term as a noun in place of a person's name, or a description of the person, e.g. "Can you go help the wheelchair in aisle two?", is dehumanizing.

Consider instead: "the person in the wheelchair" or their actual name

Basically, any use of a specific disability diagnosis or name as a metaphor or hyperbolic representation of traits stereotypically associated with said condition.

Examples - "I keep forgetting things! I'm so **ADD!**"; "This room makes me feel so **claustrophobic**"; "He must have some kind of weird **social anxiety** because he doesn't go to anything."; "she looks so **anorexic** in all these pictures."; "look how weird they look, like they're **spastic**"; "is he even paying attention or is he basically **narcoleptic**?"

Consider instead: Just naming what's happening or being observed without comparing it to a disability, in the absence of specific knowledge of someone's known or likely actual disability.

Ableist terms and phrases that are mostly outdated and not in everyday use anymore

Cretin

Refers to people with intellectual disabilities.

Feeble-Minded

Refers to people with mental, psychiatric, intellectual, or developmental disabilities.

Invalid (as a noun, as in "my neighbor is an invalid and never goes outside")

Refers to people with physical or mobility disabilities or chronic health conditions.

Mental Defective

Refers to people with mental, psychiatric, intellectual, or psychiatric disabilities.

Mongoloid

Refers to people with intellectual disabilities, and specifically people with Down Syndrome. Derives from a double-whammy of racism AND ableism, from the belief that people with Down Syndrome, regardless of race, look like people from East Asia, Central Asia, Southeast Asia, Native nations in the Americas (including Alaska), or the Pacific Islands. This also carries the underlying assumption that people from these racial and ethnic groups are automatically unattractive and undesirable compared to white people of Western European or Scandinavian descent.

Simpleton

Refers to people with intellectual disabilities.

Non-ableist language

Always respect an individual person's preference for identifying or describing themselves, even if that is not what the majority in a community prefers. Again, as above, not every person with every disability is personally upset or hurt by every term on

this list, even ones that reference their specific disability. That's why this list is meant as a learning/awareness/consciousness tool, not a litmus test or a censorship guide.

Instead of an ableist word or phrase, perhaps you actually meant to say...

(more invective replacements that use profanity/swears are included at the very bottom in a separate list)

Asinine
Bad
Bizarre
Bleak
Boring
Buckwild
Bullish
Callous
Careless
Chaotic
Confusing
Contemptible
Coward
Crappy
Dense
Devoid of _____
Disgusting
Dull
Enraged
Evil
Extremist
Furious
Gross
Haywire
Horrible
Ignoramus
Ignorant
Impolite
Inane
Incomprehensible
Inconsiderate
Inconsistent
Infuriating
Insensible
Insidious
Irrational
Jerk
Lacking in _____
Livid
Mean
Nasty
Nefarious
Nonsense
Nonsensical

Obtuse
Outrageous
Overwrought
Paradoxical
Pathetic
Petulant
Pissant
Putrid
Rage-inducing
Reckless
Ridiculous
Rude
Scornful
Self-contradictory
Shameful
Solipsistic
Spurious
Terrible
Tyrannical
Unbelievable
Unconscionable
Unheard of
Uninspired
Unoriginal
Unthinkable
Unthinking
Vapid
Vile
Vomit-inducing
Without any _____ whatsoever
Wretched

For describing people with disabilities/disabled people in general:

Disabled
Has a disability
With a disability
With a chronic health condition
Has a chronic health condition
Neuroatypical
Neurodivergent

For describing people on the autism spectrum:

Person/people on the autism/autistic spectrum
Autistic person/people
Person/people with autism
Aspie/Autie (note -- this term is often only really used by people who claim it, and often not by many politically autistic people)

For describing people with intellectual disabilities:

With an intellectual disability

Has a cognitive disability

DeafDisabled

Has/With [specific condition here]

Prejudice against [group]

- Some examples of the above for trans people: anti-transness, anti-trans, anti-trans oppression, trans-antagonism, trans-antagonistic, bias against trans people, bigotry against trans people, hate of trans people, transmisia, transmisic, prejudice against trans people

[illegible]

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Asshat
Asshole
Fucker
Fuckface
Half-assed
Shitty

I know a lot of people of various genders who align with feminist, womanist, and other anti-oppression politics have conflicting feelings about the term "douchebag" and its variations like "douche canoe," "douche hat," etc.

Some think it's fine because vaginas can naturally clean themselves without douching and therefore insults using the word douche are separate from people's genders or gendered actions. Others think it's misogynistic in general because a douche is something most often used by people with vaginas, whether trans or cis women, or trans men or nonbinary people (who are often forcibly misgendered as or assumed to be women if they have vaginas or are believed to have vaginas), and so the action of douching is gendered. Others think it's transmisogynistic specifically because trans women with constructed vaginas may need to use a douche because theirs may not clean naturally.

People of all genders can douche, and people of all genders are harmed by misogynistic beliefs and expectations about what bodies should look like and what bodies should be able to do or not do. People who use feminist, womanist, and other anti-oppression frameworks will also sometimes disagree about which uses of language are most justice-oriented and which are not.

Similarly, I've met a few people who argue that using "fuckface" is at least inadvertently contributing to rape culture since the insult assumes sexual violence. Plenty of others actively engaged in anti-sexual violence work disagree.
