

We behave differently when we're well and when we're not (and trying to mask it). Being aware of how we react with the world will increase our self-knowledge, maybe help us amend the behaviour we don't like or allow us to be more honest. It also helps if those who support us know which behaviour means what. Once they know what to look out for, they could often spot the signs before we even realise we're struggling and help us. Write down how you behave when well and when unwell and masking it. You may wish to consider showing the lists to those who support you




well




Masking

Examples (done as a group activity)

Well

Balanced

More honest about my mental health and self-harm

Confident

Comfortable in myself

More talkative

Supportive

Managing self-care

In-tune

Child-like

Dressed more confidently

Relaxed

Able to say "no"

Showing more interest in others

Able to set boundaries

I can do adulting

Masking

Less talkative

Too honest

Trying too hard

Grumpy bastard

Messy

Take offence easily

Putting more make-up on, doing my hair

Fake smile

Avoid conversation

Unable to say "no"

Emotional

Clean and tidy

Angry

Overly happy/energetic

Couldn't give a shit

Try to convince other/myself I'm OK

Change in tone

Fewer or more rigid boundaries

Avoidance

Busy