

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

