

# 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