

Exercise 9

The next time someone asks you how you are, don't say "I'm fine" if you're not. You could say:

- ✿ "I'm not okay, thank you for asking."
- ✿ "I've had better days, but thanks for asking."

You don't have to elaborate. The other person might shrug and smile and say, "Me, too. Life's a bummer." They might run away screaming, "Downer, downer!" Or perhaps they'll say, "Cheer up! Let a smile be your umbrella!" (Go ahead, entertain yourself with thoughts of throttling this person).

But you made a tiny change! You told the truth! This day is bugging you a little bit, and you were honest in talking about it.

