

<b>I was taught it was bad to be:</b>	<b>So I had to pretend to be:</b>	<b>I did this by behaving this way: (add your own using the blanks)</b>
Arrogant	Humble	<ul style="list-style-type: none"> <li>• Pretending I didn't know the answers to questions</li> <li>• Keeping silent when people said things that weren't true</li> <li>• Softening statements with phrases like "if that makes any sense" or "maybe" to make myself sound less certain</li> <li>•</li> <li>•</li> <li>•</li> </ul>
Cold & Unfeeling	Warm & Friendly	<ul style="list-style-type: none"> <li>• Smiling all the time no matter how I felt</li> <li>• Asking people about their feelings and not talking about myself</li> <li>• Taking care of other people whenever they were upset</li> <li>•</li> <li>•</li> <li>•</li> </ul>
Annoying & Loud	Agreeable & Quiet	<ul style="list-style-type: none"> <li>• Only experiencing big emotions in private</li> <li>• Solving problems by myself</li> <li>• Not getting "too excited" about anything, including good things</li> <li>•</li> <li>•</li> <li>•</li> </ul>

Childish	Mature	<ul style="list-style-type: none"> <li>• Serving as a confidant for adults and authority figures</li> <li>• Carrying myself in a restrained, "proper" way</li> <li>• Acting like a "teacher's pet" or "little professor" and distancing myself from my peers</li> <li>•</li> <li>•</li> <li>•</li> </ul>
Awkward	Cool	<ul style="list-style-type: none"> <li>• Withdrawing from any activity I wasn't instantly good at</li> <li>• Pretending to be aloof and uncaring</li> <li>• Rehearsing fake conversations in my mind so I could make talking to people seem effortless</li> <li>•</li> <li>•</li> <li>•</li> </ul>
Clueless, Pathetic	Independent	<ul style="list-style-type: none"> <li>• Nodding or laughing, even when I have no idea what's going on</li> <li>• Developing unique, private habits and "hacks" that make it possible for me to hold my life together</li> <li>• Making sure my life looks "put together" on paper, even at the expense of my health or happiness</li> <li>•</li> <li>•</li> <li>•</li> </ul>
Sensitive	Strong	<ul style="list-style-type: none"> <li>• Not voicing my needs</li> <li>• Feeling ashamed whenever I wanted to cry or express anger</li> <li>• Fighting internally with every "disruptive" emotion I felt</li> <li>•</li> <li>•</li> <li>•</li> </ul>

Weak	Tough	<ul style="list-style-type: none"> <li>• Mocking or being aggressive with other people</li> <li>• Thinking of myself as superior to others</li> <li>• Showing distaste for anything society considers feminine, soft, or tender</li> <li>•</li> <li>•</li> <li>•</li> </ul>
Weird	Normal	<ul style="list-style-type: none"> <li>• Studying what other people like in a systematic, analytical way</li> <li>• Imitating people or characters' mannerisms, style of dress, tone of voice, etc.</li> <li>• Mocking those who are more obviously "weird" than I</li> <li>•</li> <li>•</li> <li>•</li> </ul>