



The Discerning You

**100 Ways to Answer the
Question: “How Are You?”**

When you're healthy – the question “how are you?” is thoughtful. But when you're chronically ill – it's a medical background check. Here are 100 ways to answer this question when you're not in the mood to give out a personal health assessment.

Sick or not, the question "how are you?" is almost unavoidable. It's how any conversation begins. And you'll benefit from preparing your answer because it will help you keep the chat under control.

The last thing you want to do is finish speaking to someone, feeling exhausted, irritated, overwhelmed... and most likely offended too.

Just remember:

PREPARE YOURSELF

1. Assess your physical state
 - a. How much pain am I in?
 - b. How much energy do I have?
2. Consider your emotional state.
3. Be okay with not knowing how you feel all the time.

EVALUATE WHO YOU ARE SPEAKING TO

1. Start by understanding the intent of the person asking the question.
2. Evaluate how your response will affect you – not them.
3. Draw clear boundaries.
4. Cut unwanted advice off at the pass.
5. Remember it's not their fault for not understanding.

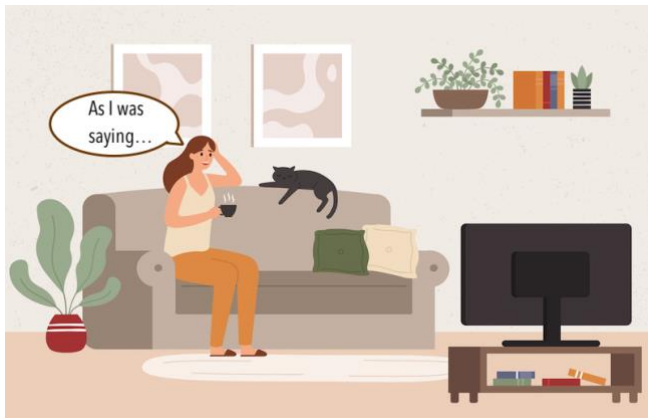
Respond with Charm

1. Trying to stay positive – I know it's important.
2. I'm taking it easy.
3. Trying to stay zen.
4. I'm keepin' on, keepin' on. Aren't we all?
5. I'm here. That's all I need to take on the day.
6. I have a few minutes on my hands. Wanna grab a coffee?
7. On my way to yoga. Do you want to join?
8. There's a lot of bad things happening right now, but I have great support and couldn't ask for more.
9. Not entirely here – I'm imagining myself on a faraway beach right now.
10. Learning a lot about life. But aren't we all?
11. Trying to keep my yoga instructors words in my head and "be patient".
12. In real need of a catch-up. Are you free?
13. Rolling with the punches and trying to come out on top. Same as everyone else!
14. Making my life work for me. It's not easy, but I'm getting there.
15. Getting stronger every day – sometimes it's more mental work, and other times it's more physical.
16. Keeping busy – and I'm grateful for that.
17. Ready to take on the day. And you?
18. Finding new ways to tackle my days and come out on top.
19. Getting a crash course in understanding why patience is a virtue.
20. Knocked down 20 times and getting up for the 21st right now – you know?



Make it Lighthearted

21. I'll leave it up to your imagination.
22. Ready for a bottle of red and a 4-hour nap!
23. In need of a hug and that's about all.
24. Out of order. You can come back in 3-5 working days for a follow-up.
25. Putting on my big girl panties and powering through.
26. I could write a book on that topic.
27. Ready to run a marathon. The only issue is that my body isn't cooperating with me.



28. That question deserves a payment of one coffee together before it can be answered.
29. Being my own preppy life cheerleader.
30. Can I answer that question with a facial expression?
31. Not great – but if Britney could get through 2007, then I can get through this!
32. If the phrase “what doesn’t kill you makes you stronger” is true – I should be the freakin’ Hulk by now.
33. I’ll get back to you on that.
34. It’s a give no f*cks kinda day. Want to join?
35. I made it out of bed. And my pants are on. It’s a damn good day if you ask me!
36. I’m covering my exhaustion with this fantastic makeup job.
37. Fine right now. Might scream into a pillow later. We’ll see how the day goes.
38. I’d prefer to be in bed, without pants and a cup of tea – but this is okay too.
39. I am me. Whatever that means.
40. (Just a whole bunch of grunts and noises) psht... pfft, urghh... meh. You know?

Be Kind Back and Focus on the Other Person

41. Wondering how you are doing?
42. Trying to balance the good and the bad right now, d'you know what I mean?
43. I really appreciate you asking and showing you care. But I'm not really in the mood for answering that today. How are you?
44. All the better now that I've seen you.
45. I've been wondering how your (family/dog/new job) etc. is, actually?
46. You've been on my mind and I wanted to know if you're keen to grab lunch?
47. I've been following your adventures on (Instagram / Facebook) and I'd love to hear more about them?
48. I'm rather tired of talking about myself. So why don't you tell me what's happening in your life?
49. So appreciative of all the love and support you've shown me. Thank you. It makes such a difference to know you're there.
50. Honestly, I couldn't be more grateful for my friends and family right now. You guys are helping me so much.
51. I've taken your advice and I've been working on my ...
52. So amazed by how well you are doing!
53. Not great and in need of a distraction. What are you up to?
54. All the better now that you're here.
55. Taking in all the love and support I can get right now, so thank you!
56. Really trying to keep calm – and my health is making me very anxious. Let's focus on you, okay?
57. I've been thinking about catching a movie, would you like to join?
58. I really am okay. I was just thinking about you actually!
59. Excited to catch with you.
60. Doing as well as I can – your support makes such a difference.



Show Love by Being Honest

61. I'll let you know once I figure it out for myself.

62. I don't know how I am. There's a lot going on.

63. I've been better.

64. I feel like absolute crap – but I'm getting through it.



65. In need of a break from myself. Is that even possible?

66. I don't feel like I'm winning right now, but I know the race isn't over.

67. I have lots to complain about, but I'm not going to.

68. I've definitely been better. But, I've also been worse.

69. Not giving up. I won't lie though, I'm struggling to keep my chin up today.

70. Improving every day. That's not necessarily just physical – but mental too.

71. My body isn't great right now. But I'm in a really good mental space. So I couldn't ask for more to help me through this time.

72. Not great at all. But it's my battle to fight.

73. I'm doing the best I can and giving it my all.

74. Not in the mood to be a fighter right now. Today's a rest-and-recover day.

75. I'm alive. So, it's a start.

76. Keeping distracted right now. I need to shift my focus on happy things.

77. Learning about what perseverance really means – and trying to stick with it.

78. Sh*t. I'll let you know when things change, but for now it's not a good time and I don't have anything else to tell you.

79. Feeling good is a relative term. I'm feeling as good as I can, given the circumstances.

80. Not in the mood to talk about it right now. But I'd love to know more about how your holiday went?

Don't Judge Yourself for Anything You Say

81. Alive – and that's good enough for me!

82. Not great, I just need to deal with that today. Tomorrow is another day to work on improving myself. Right now I need to be sad.

83. How do you think I am? [Followed by a giggle and scanning hand gestures moving down your body.]

84. In need of a stiff drink – and I'm not joking.

85. Irritated, tired and sore. I'm afraid I won't be the best conversationalist.

86. It doesn't really matter right now. What's more important is that I'm working on self-acceptance.



87. I'm actually not in the mood to answer that today. Mainly because I don't know.

88. You can't win every day – today I didn't win.

89. I don't mean to be rude but I'm really tired and really need to get home and be on my own for a bit.

90. Ready for my meds and bed. Can we chat another time?

91. Same as yesterday and the day before. Honestly it's hard not sounding boring at the moment.

92. I'm not doing well. But I also know this isn't an easy situation to empathise with, so I don't expect you to have a solution for me. Just your support is appreciated.

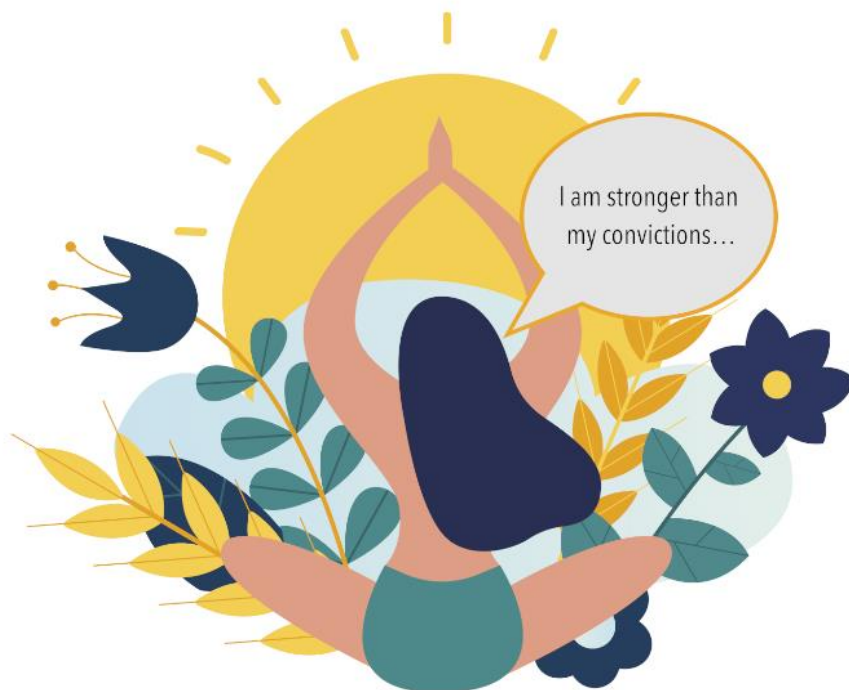
93. Pretty sh*tty. And I don't want to wallow on it please.

94. Nothing has changed so let's focus on something else.

95. Not in the mood to answer that question to be frank. It's not personal, I'm just very tired.

96. At a low point and need to deal with it personally. I'll let you know when I'm ready to talk about it.

97. It's been a tough week and I want to let it all out. Would you be up to talking it all through with me?
98. I need a lot of space at the moment. I'm working through my thoughts before I can talk about them.
99. I know it's tricky to see, but I'm fighting a big internal battle. Please respect that I'm doing the best I can and will reach out when I'm ready.
100. Meh... that's about all I have to say. Sorry I can't say more right now.



Find the full article 100 Ways to Answer The Question "How Are You?" on our website:

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