

A wooden sign with a rope hanger is mounted on a purple door. The sign is rectangular and light brown, with the text "I'm fine, or am I?" written in white, hand-painted letters. The door has vertical purple planks.

I'm fine,
or am I?

The Mask We Wear
**Why "Fine" Is a Four-
Letter Word**

Welcome

This workbook is your invitation to go deeper. It's for the women who are tired of saying "I'm fine" when what they really want to say is, "I'm overwhelmed," "I need support," or simply, "I'm figuring things out."

Let's unmask. Let's get real. Let's reconnect with *you*.

Awareness — Spotting the "Fine"

“Do the best you can until you know better. Then, when you know better, do better”, a well know quote from Maya Angelou. How does that relate to this topic? Once you are aware of the number of time you say “I’m fine” when you are not, you are able to create an awareness within yourself and choose another way to express how you feel.

Prompt 1:

Think about the last week. How many times did you say “I’m fine” when you weren’t?
Write them down:

- Where were you?

- Who were you with?

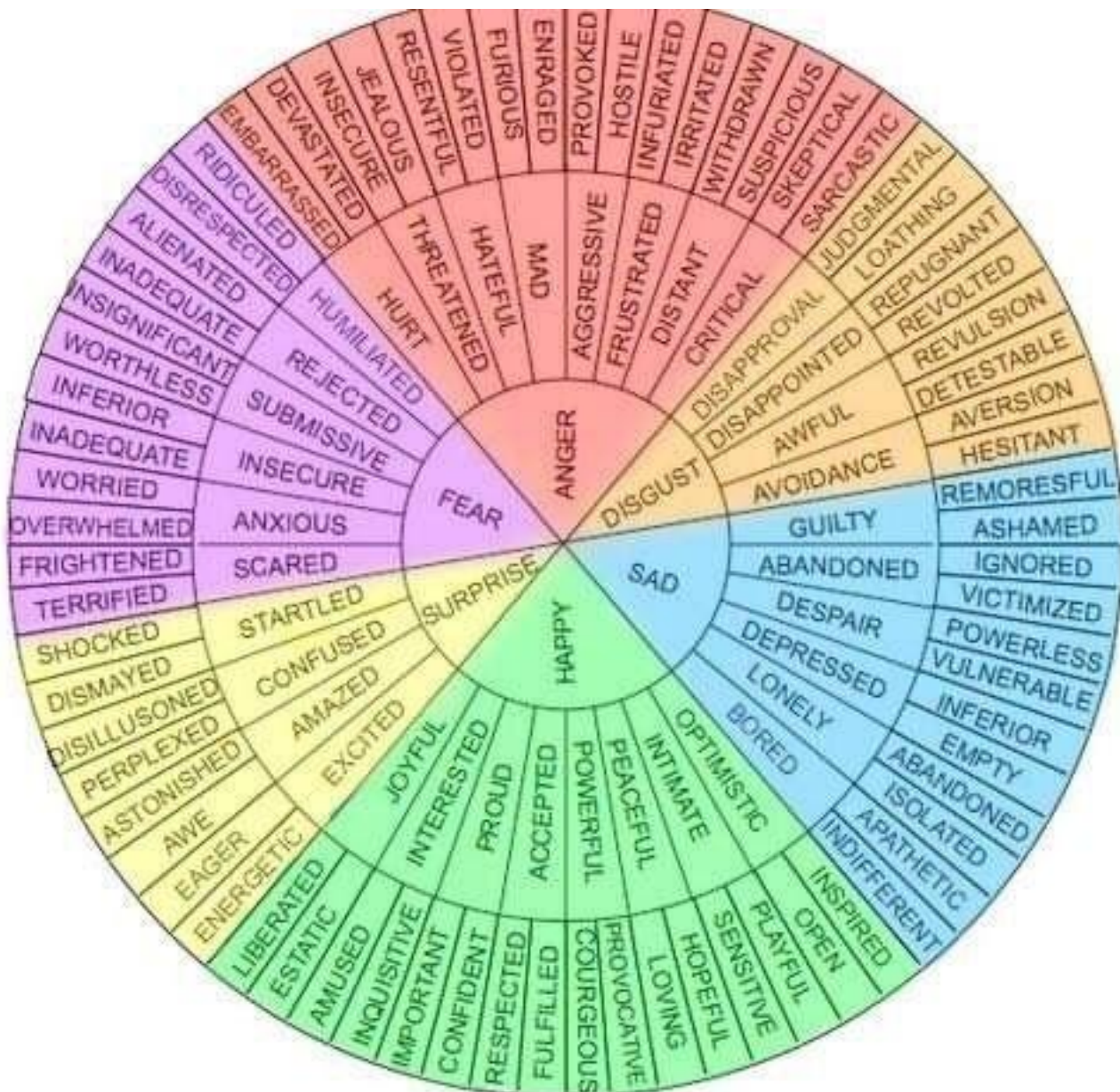
- What were you really feeling?

Emotional Vocabulary

Words are powerful. We do however sometimes forget to use them and revert to words that limit what we are experiencing. When you can honestly name how you are feeling, you can look at the why and then where necessary, decide on a game plan to change where you are at.

Prompt 2:

Below is an Emotions wheel. Use this to find the word(s) that best describe how you are feeling



Prompt 3: Choose 3 of these and reflect:

- Feeling: _____
- What might be behind this feeling?

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Replacing "Fine"

Replacing “I’m fine” with how you are truly feeling, is the first step to empowering yourself. You are giving yourself permission to be Authentic.

Prompt 4:

Craft 3 honest alternatives to "I'm fine" that feel authentic and comfortable in different contexts.

1. _____
2. _____
3. _____

Ideas:

- "It's been a full week, but I'm managing."
- "I'm feeling a bit off, but I'm working through it."

Safe Spaces

Authenticity is always first prize; however, it is also very important to know who you can be authentic with. Not everyone in your life is a safe space.

Prompt 5:

Who makes you feel safe being your full, unfiltered self?

- List their names or initials.

- What's one small way you could nurture or deepen that connection?

Reset the Habit

Resetting a habit takes time, it is one the most rewarding things you can do for yourself. Checking-in with your feelings and acknowledging them, is a healthy habit to develop.

Prompt 6:

What daily habit could help you check in with your real feelings?

Ideas:

- A 5-minute journal before bed
- A morning "How am I really?" reflection
- Taking a pause before responding to "How are you?"

Final Note

There's nothing wrong with feeling "not fine."

There's only power in telling the truth.

The more real you are, the more room there is for healing, growth, and meaningful connection.

You are not too much. You are just finally being real.