

# Sometimes we can't be 100% honest. But we can respond gracefully.

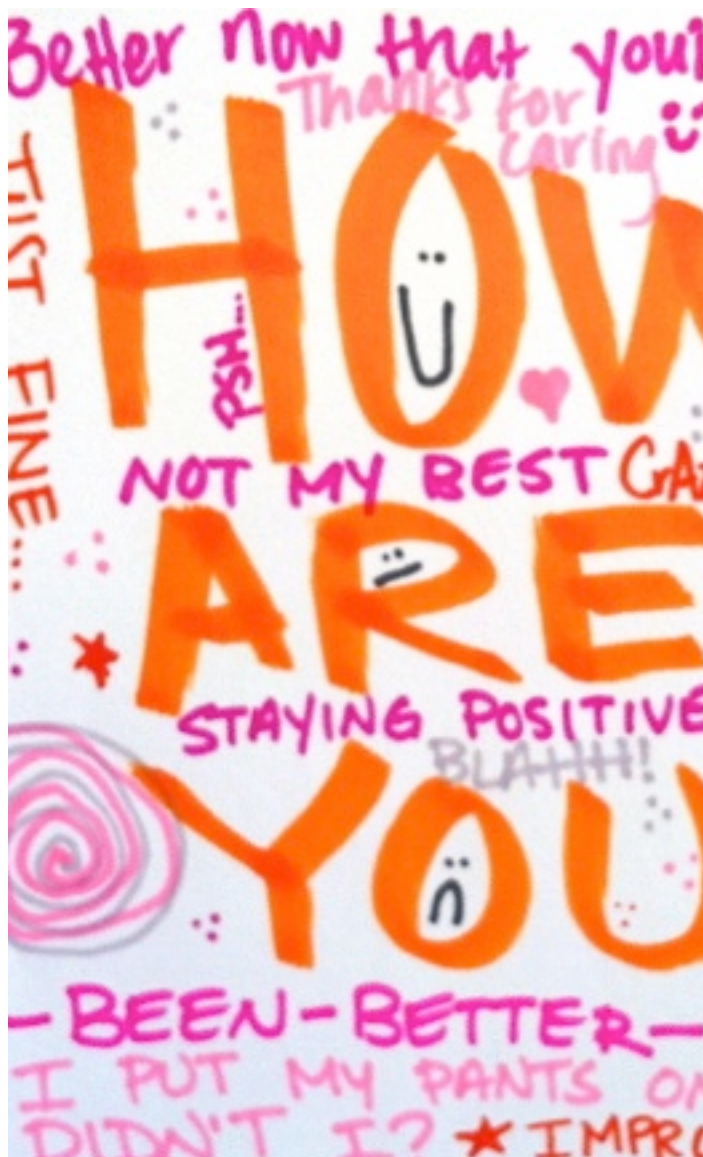
1. I'm fine. How are you?  
*(Sometimes you need to say this even when you don't feel fine)*
2. I'm AWAP (As Well As Possible).
3. I'm trying really hard to avoid ambiguous questions at the moment.
4. *(Just answer with the same question:)* How are you?
5. I could complain, but I'm not going to.
6. Upright and still breathing.
7. Thanks for caring babe! Glad to be here with you.
8. Better than yesterday, but not as good as I will be tomorrow!
9. I am.

It takes a lot of patience to answer "how are you" when you feel like crap. That's why we've included some responses that turn the question around to the asker, which keeps the conversation light and positive—and takes pressure off of you.

10. Wondering how you are.
11. Strange, and getting stranger.
12. My usual Devil-may-care self.
13. I'm endeavoring to persevere.
14. How am I *what*?
15. Not so hot, but nothing a stiff drink and some girl talk couldn't fix.
16. How do you think I am?
17. Do you want the short version or the long one?
18. Eh, you win some you lose some.

**One more tip:** Find the responses that work best for you & keep a list to refer to in times of stress. This is useful for use when responding to emails, texts, vmails and more.





"I've been living with chronic illness for more than 15 years. My life isn't perfect—far from it. But I've got a few tricks up my sleeve. One of my faves: Always have a few favorite responses to the *how are you* question. The more honest you can be with people, the better you'll feel, the more authentic. And the more you can answer in a way that involves them—turns the question around so you're asking them how *they* are feeling—the easier it is to move on to more fun topics."

- ChronicBabe Founder & Editrix  
Jenni Prokopy



**Love yourself enough to be authentic.**  
**Love others enough to answer with kindness.**

19. I'll leave that up to your imagination.
20. Shhhhh. It's a secret.
21. I'll let you know when I figure it out.
22. Taking deep breaths.
23. Ready for tomorrow.
24. To tell you the truth, my \_\_\_\_\_ hurts, but my doc's working on a solution for me so I'm hopeful.
25. I've been better.
26. Trying to stay positive.
27. Who wants to know?
28. Not my best day, but not my worst day, either.
29. Let's just say less than super.
30. Wouldn't you like to know!
31. I'm taking it easy.
32. Staying grounded.
33. *(bunch of grunts, gurgles, and other random noises)* pssh, fft, mmhm, ya know?

# Give yourself permission. Permission to get real. Or permission to fib.

34. Trying to fit the good in with the bad, you know?
35. I don't know.
36. Give me a chocolate bar and I'll be fantastic!
37. Ready for a nap.
38. Does it matter? I'm a babe no matter what ;)
39. Not in the mood to discuss how I feel, but thanks for asking—it really helps to know you care.
40. Somewhere between blah and meh.
41. I put pants on, didn't I?
42. Hold on, let me get the sleep out of my eyes.
43. Just hug me and leave it at that.
44. I could really go for a back massage!
45. Same old, same old.
46. I could really go for a walk, want to join me?
47. *(If you have the time)* Let's make some tea and talk about it.
48. Ready for my meds. :D
49. Trying to come out on top.
50. In need of some peace and quiet.
51. Get back to me on that.
52. Oooooohhhmmmm.
53. Under construction.
54. Looking to put some pep back in my step.
55. Thinking about getting away from it all...want to plan a mini-vacation?
56. Improving.
57. I'm trying to be a "big girl" about all of this.
58. Mama said there'd be days like this, there'd be days like this, my mama said.
59. Instead of waking up on the wrong side of the bed, I think I woke up underneath it.
60. Remembering to stay patient.
61. Trying not to burst into tears. I get an A for effort, right?
62. In need of some "me time."
63. I feel like crap! Know any good dirty jokes to cheer me up?
64. Taking all the love and support I can get, thanks!
65. As happy as a clam, a clam that's been cracked open, doused in lemon and shot down the gullet of some tourist in a tacky Hawaiian shirt.
66. Appreciating the things I have.
67. Getting there.
68. On a scale of one to punching someone in the face?
69. In desperate need of a mani/pedi.
70. Somewhere between drab and fab.
71. Things are bound to get better, yes?
72. Not giving up.
73. Getting stronger.
74. Learning.
75. Rolling with the punches.
76. You can't know pleasure without pain, right? :)
77. In a give-no-shits, take-no-prisoners kind of mood.
78. I get knocked down, but I get up again!



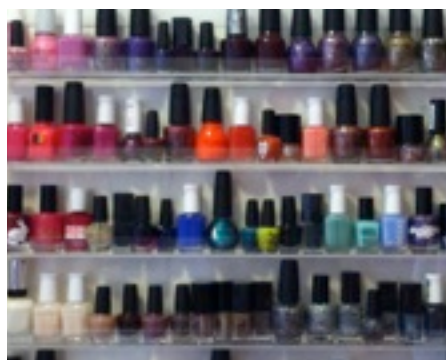
79. Gearing up for a comeback. I'll keep you posted on my progress.
80. Rooting for the underdog (me).
81. Gotta keep on keepin' on.
82. I've seen better days.
83. If I was an animal right now, I'd probably be a sloth (or a turtle).
84. Ready for you to make a goofy face/ make me laugh/ make me smile.
85. Do you want to join me in a nice long, relaxing scream?  
AAARRRGHHH
86. I mean, I'm not doing jumping jacks or back flips, but I'm here.
87. You can't win 'em all.
88. Imagining myself on a beach far away.



What's a great way to practice your responses to "how are you?" Talk with a friend. Run through some scenarios. Take their advice—sometimes we get too ingrained in our thought processes and a friend can help us gain new perspective.

89. Crazy. sdhjfjh  
kljdghpe'sh;g'ep;  
ea'khg sdjhm, right?
90. I'm feeling more like Oscar the Grouch than Elmo right now.
91. I feel like crap, but doing the best I can. Tomorrow's another day, yea?

92. I'm feeling really grateful for this beautiful day.  
*(This is a great way to take the focus off of you and onto some shared experience that you're having with the other person)*



One of Editrix Jenni's favorite ways to steer a conversation is to talk about hobbies. Like her nail polish fetish.

### Benefits of authenticity: Mind. Body. Soul.

*Sometimes, when it's the hardest, is we need to be the most honest. We can't live a lie; the pressure is too much for most of us when we try.*

*Being authentic in your responses when someone asks how you are can establish a real sense of intimacy, understanding*

*and trust. Not only will you help your friend/neighbor/colleague understand you better, but you'll feel a deeper connection. That connection adds support, which you really need!*

*So consider authenticity. Is there a way to talk to people about your experience and be REAL with them? Give it a try. We believe in you!*

## These 100 prompts are just the start. Use them as a basis for more ideas.

93. Better now that you're here ;)
94. I don't feel that great, but my hair looks awesome, right?
95. Today I'm more CHRONIC than BABE.
96. Not so hot. Wanna help distract me by telling me about your day?
97. Keepin' busy, which is a good distraction from my other tough stuff.
98. I'll be better when \_\_\_\_ gets fixed, but for now I'm doin' OK. Thanks!
99. I'm glad to see you! What's new?
100. I'm giving her all she's got, Captain!

Everyone has a favorite way to respond to the "how are you?" question. Editrix Jenni sometimes likes to keep it simple, just saying, "Fine, thanks. And you?" Other times, she's all, "Life is the suck today! Care to distract me with some reality TV?"

The details aren't important. Retool any (or all) of these conversation prompts to fit YOUR unique situation.

And remember two things: be flexible, and cut yourself some slack.

Oh! And don't forget that everyone here at ChronicBabe HQ loves you! XO!

Wondering where all these photos come from? Jenni's phone, that's where. :)

**Follow her on Instagram for more.**

