

Ask a question... Can others guess your answer?

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I'd rather have the power to...

- A. Fall asleep whenever I want
- B. Solve any maths equation in my head
- C. Read the emotions of others



I'm stuck on a long coach trip, sitting next to a stranger. If they start making small talk with me, I'd rather it be about...

- A. TV shows
- B. Sports
- C. Current affairs

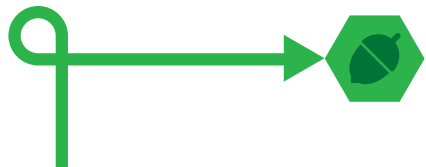


Which would take me further outside my comfort zone?

- A. Taking an improv class
- B. Going on a silent retreat for the weekend
- C. Eating in a restaurant by myself

If I wanted to talk about my mental health with someone, I'd rather have that conversation...

- A. Over text
- B. Over a phone call
- C. In person



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Which small gesture do I do more often?

- A. Tell people I love them
- B. Tell people I'm proud of them
- C. Tell people I miss them

Given only one week, which do I feel more confident I could learn to do?

- A. Solve a Rubik's cube
- B. Train a poorly behaved dog
- C. Master a Fortnite dance

I'm more likely to get nervous when I...

- A. Go places I've never gone before
- B. Do things I've never done before
- C. Meet people I've never met before

Over the past few years, I've found that the people around me...

- A. Are more comfortable discussing mental health
- B. Are less comfortable discussing mental health
- C. Are as comfortable talking about mental health as they ever were



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If I could have one wish, which would it be?

- A. To always have positive dreams
- B. To see the best in every situation
- C. To never get embarrassed

I think a stranger would learn more about me if they read...

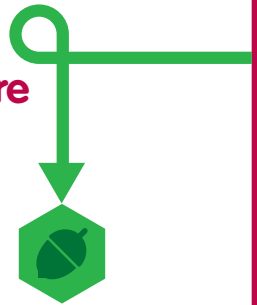
- A. A diary of my dreams
- B. A diary of my nightmares
- C. My calendar

Which is more likely to keep me up at night?

- A. A mistake made
- B. An argument unresolved
- C. An opportunity missed

Where would I like to see the biggest change in how mental health is discussed?

- A. In the news
- B. In workplaces
- C. In schools



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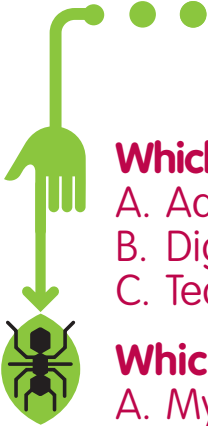
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Which small thing do I find most satisfying?

- A. Admiring a beautiful piece of art
- B. Digging my feet into warm sand
- C. Tearing the crust off a fresh baguette

Which is my more spy-worthy quality?

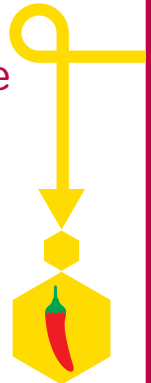
- A. My instinctive curiosity
- B. My powers of observation
- C. My ability to adjust to any circumstance

Which would I say has had more of an impact on me?

- A. The shows I've watched
- B. The books I've read
- C. The places I've visited

When it comes to mental health, I feel more at home...

- A. Taking care of my own mental health
- B. Talking to other people about mental health
- C. I feel comfortable doing both



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