

# The Ten Characteristics of Perfectly Hidden Depression



- ☐ You're perfectionistic and have a constant, critical, and shaming inner voice.
- ☐ You demonstrate a heightened or excessive sense of responsibility.
- ☐ You detach from painful emotions by staying in your head and actively shutting them off.
- ☐ You worry and need to control yourself and your environment.
- ☐ You intensely focus on tasks and use your accomplishment to feel valuable.
- ☐ You focus on the well-being of others, but don't allow them into your inner world.
- ☐ You discount or dismiss hurt or sorrow and struggle with self-compassion.
- ☐ You may have an accompanying mental health issues, such as an eating disorder, an anxiety disorder, obsessive-compulsive disorder, or addiction.
- ☐ You believe strongly in "counting your blessings" as the foundation of well-being.
- ☐ You may enjoy success with a professional structure but struggle with emotional intimacy in relationships.