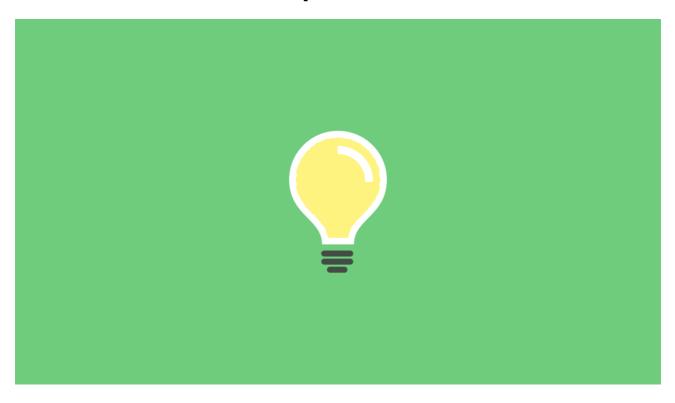
The Ten Characteristics of Perfectly Hidden Depression



You're perfectionistic and have a constant, childar, and sharning limer 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.