100 WAYS TO ANSWER THE QUESTION “HOW ARE YOU?”
You probably get asked this every day: How are you? Sometimes, the answer’s not easy.

“How are you?” It’s a simple question, just three little words and a question mark.

But for us ChronicBabes, the question can give us pause. It’s not always the easiest to answer!

We may not want to talk about what’s going wrong. We may yearn for support but aren’t sure how someone will respond to a blunt response. We may wish we could tell the whole truth but hope we can get away with a little white lie. We may not feel safe enough to be completely authentic.

So we came up with 100 starters for conversation. These are meant to be conversation prompts: A thing to consider when forming your answer.

You may want to pick out a few of your favorites and practice saying them aloud. You may wish to adapt them to fit your situation...and that’s PERFECT. We just want to help you get started.

Good luck! If you have more ideas, let us know.

XO, Editrix Jenni & Communications Manager Michelle Pizzo
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.
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.

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.

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.
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?

“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
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. Oooooohhmmmm.
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? AAARRRGGHHHH
86. I mean, I’m not doing jumping jacks or backflips, but I’m here.
87. You can’t win ‘em all.
88. Imagining myself on a beach far away.
89. Crazy. sdhjfj
   kljdghpe’sh;g’ep;
   ea’khg sdjh, 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)


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.
We can’t do it without you.
Become part of the ChronicBabe community.

This is a community because you’re a part of it, and there are so many ways to connect with ChronicBabes.

Check out the website where you can shop and read articles that motivate or help you learn to deal with your chronic illness.

Make sure to find the forum where you can offer solutions and tips of your own or just get something off your chest.

Also, make sure to sign up for the ChronicBabe newsletter at the website, where we share lots of freebies and announce upcoming projects!

You can chat with us on many social media channels, like Twitter and Facebook, to get fast health news and other babelicious updates.

Follow ChronicBabe on Instagram and Pinterest for cute pictures that lead to smart thoughts and articles.

That should keep you busy. See you online!

XO, and thanks!

- Editrix Jenni