

## Changing Someone's View of Mental Illness

**Glenn Close said ...**

"The most powerful way to change someone's view is to meet them ... People who do come out and talk about mental illness, that's when healing can really begin. You can lead a productive life."

Name a time when you have changed someone else's view – about anything

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How did that feel to you?

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Name a time you were tempted to talk about your moodiness issue, but didn't? Why not?

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Write about a situation in which you DID talk about your moodiness condition.

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How did that feel?

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How did it work out?

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Who is a trusted person you can talk with, to begin to heal?

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Anyone else?

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Who is a trusted person you can ask for a referral of someone to talk with, to begin to heal?

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Anyone else?

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In an ideal world, how can you lead a more productive life?

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How can you improve others' reactions to the stigma of moodiness, work on healing, and then create your ideal world?

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