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|  | **Pros** | **Cons** |
| **Disclose** | * May get more flexible work hours
* Weight off my shoulders (relief)
 | * Might face discrimination
* Coworkers may treat me differently
 |
| **Not Disclose** | * No risk of discrimination
 | * Continue to feel anxious at work
* No changes to my work load (keep moving towards burn out)
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