Reflecting on the Need to Mask:
What Does Your Mask Protect You From?

1. Try to recall a time early in life when you felt intense embarrassment or shame. Describe that situation here.

2. When you recall this experience, what emotions do you feel?

3. Complete the sentence by checking off as many adjectives as you like:

   “In that moment, everyone could see that I was ______.”
   ___ Selfish           ___ Robotic
   ___ Awkward           ___ Immature
   ___ Childish          ___ Disgusting
   ___ Self-absorbed     ___ Embarrassing
   ___ Cold              ___ Clueless
   ___ Stupid            ___ Cruel
   ___ Weak              ___ Pathetic

   Other: __________________________

4. Of the words listed above, which one is the most painful to hear associated with you?

5. List some actions or habits that you associate with that word.

6. Complete this sentence: I pretend to be _______ so that people will tolerate me, but deep down I know that I’m not.

   ___ Independent       ___ Happy
   ___ Cool              ___ Confident
   ___ Generous          ___ Caring
   ___ Mature            ___ Organized
   ___ Warm              ___ Smart
   ___ Impressive        ___ Powerful
   ___ Helpful           ___ Worthy

   Other: __________________________

7. Complete the sentence:
   “If I want people to like me, I can’t let them find out that I ________.”