

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 _____."