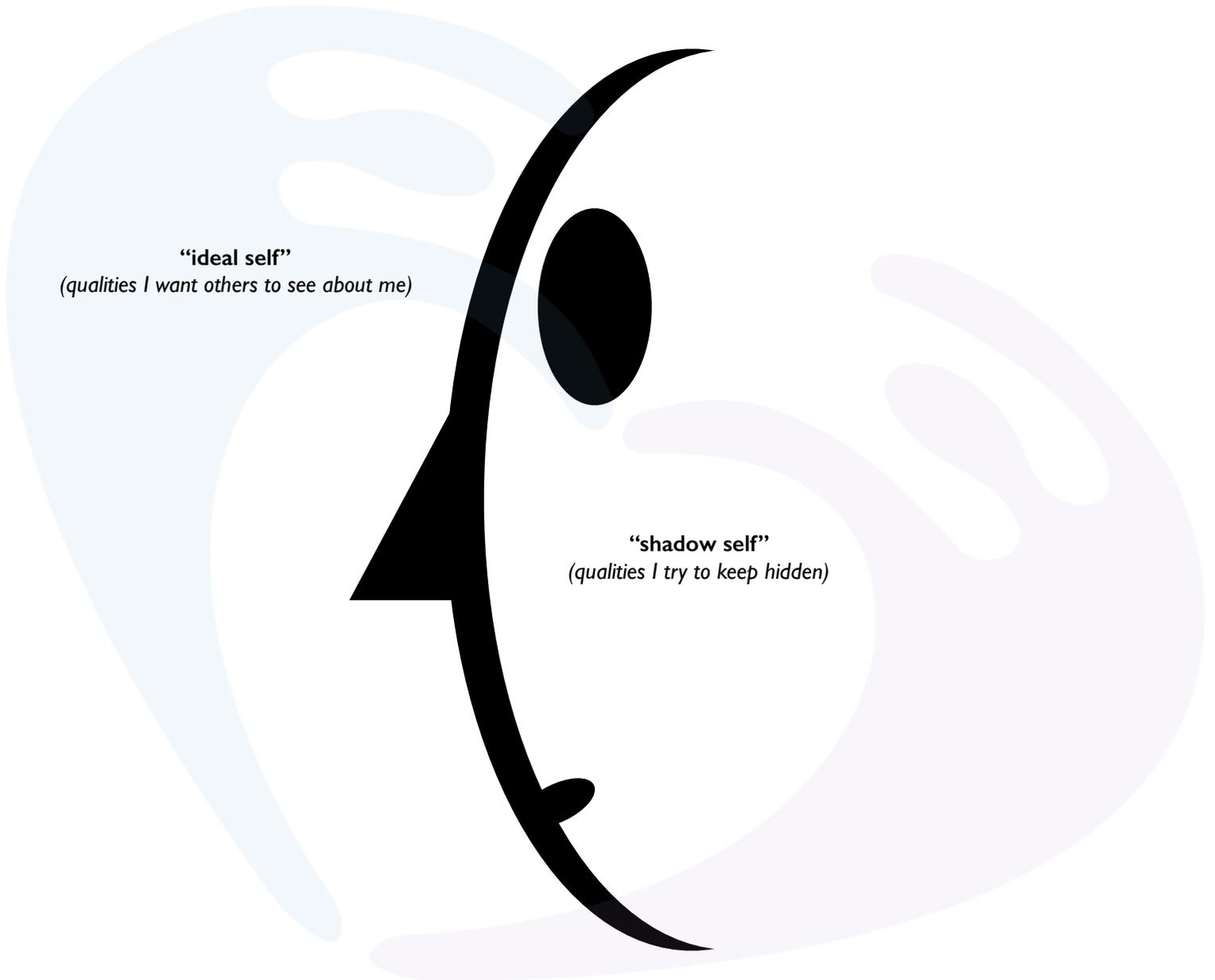


# Express Your Self

## Healing #3: The Mask



Have you ever noticed that you wear a “mask” sometimes — projecting who you think you should be on the outside, while hiding what you don’t want others to see on the inside? Use the diagram to illustrate your mask:



**“ideal self”**  
*(qualities I want others to see about me)*

**“shadow self”**  
*(qualities I try to keep hidden)*

**REFLECTION #1:** What aspects of your “ideal self” are actually your “false self” – qualities that you wish you didn’t have to try to show and/or dislike having to display? *Cross these out in the diagram above.*

**REFLECTION #2:** What aspects of your “shadow self” are actually your “True Self” – qualities that you wish you didn’t have to hide and/or like being able to display? *Circle these in the diagram above.*

**REFLECTION #3:** What happens when you wear your mask? What would it be like to be seen without your mask?