

Worksheet # 6 – “The Mask I Wear”



1. It's important that we identify our persona and see it for what it really is – a social mask. Take the next several minutes to think and write about your public persona. What 'mask' do you often wear in social settings?
 - Note: To help in identifying this mask, think about what you say and do to get people to think positively of you.

My social mask:

2. Having identified your social mask – your public persona – now take a look behind it and identify what it is hiding.
 - Note: Usually the thing we are hiding is something we feel is “bad” about ourselves and therefore something we don't want others to know about.

What is your social mask hiding?