

Masks that we wear

WE ALL TAKE ON roles –and craft masks, too – to project to the world what we most want others to see. These masks can be ever changing and though there are times that they serve us well. A profound step into self-discovery can begin with two questions.

- What story are you telling with your mask?
- What is your mask protecting you from?

Here are just a few of our familiar masks and some of the thoughts that hold the illusions together.

The Mask of the Victim

"As long as I wail about how helpless I am, well, I just don't have to take personal responsibility."

The Mask of Silence

"If I speak out I might cause someone pain or discomfort, might rock the boat, might actually have to take a stand or take some action."

The Mask of Blindness

"I'll refuse to see the things that are not working in my life and put a smile on that says everything is OK. Surely then, the problems will go away."

"If I actually revealed my feelings I would have to own them, experience them. Way too scary!"

The Mask of the Social Chameleon

"I want everyone to love me and approve of me; therefore, I shall be everything to everyone."

The Mask of "Busyness"

"If I slow down I just might have to face the fact that my life is out of whack."

The Mask of Stuck-ness

"I really want to change but 'I can't,' 'I've tried' and as hard as this place is, in truth, as long as I stay here I am in my familiar comfort zone."

The Mask of Morality and Judgement

"It is easier for me to see everyone else's flaws and shortcomings than to look at my own."