



TAKING OFF THE MASK

The masks we wear keep us trapped inside. They prevent us from experiencing life and growing into the people that we were truly created to be. No one judges or shames us as harshly as we judge and shame ourselves.

In order to shift into a space where you feel completely comfortable showing up exactly as you are, you have to embrace all the parts of you (the good, the bad, and the ugly), and you must take off your mask.

At some point in our lives, we've all worn a mask. Whether it was a literal mask or figurative one, we've all hidden who we really are. *The goal of a physical mask is to protect or cover up our faces from being seen or exposed. In the same way, we wear figurative masks to cover up the things about ourselves that we don't want to expose. We walk around hiding who we are in order to protect ourselves from being judged or shamed.*

What if you took off your mask? *Use the lines below to write down what you believe would happen if you exposed your true self to the world.*

Read your answer above. **What emotions arise?**

If fear, sadness, disappointment, shame, guilt, or any other binding emotion keeps you from revealing your true self, *use the lines below to imagine yourself completely free. In other words, if you didn't experience any negative emotions, what would your life look like?*

Use the practice below to help you identify, modify, and redirect the feelings that keep you trapped inside: (Use as many times as you need to):

*If someone knew I _____, I would feel _____.
The _____ keeps me bound. In order to release _____,
I accept it as a part of my journey. I will not judge, shame, or speak
negatively about myself because of my past. I embrace all the parts of me.*

Use the lines below to write down three positive thoughts to disrupt/counter any negative self-talk that could keep you from taking off your mask:

1. _____

2. _____

3. _____