

Masks and Identity Worksheet

We learn to wear masks as early as infancy, and we continue to wear them for emotional and psychological survival. For example, if we cry (as babies) and are not attended to, eventually we learn to stop crying despite our legitimate childhood needs for food, warmth, comfort, attention, belonging, structure and safety, information, and creativity. We find ways to tell ourselves we don't have those needs, or we look to ourselves and other children to get those needs fulfilled.

There are developmental phases we go through where we test out different ways of being in the world, and depending on the response from our loved ones and caregivers, we will decide if it is safe and acceptable to be ourselves, or if it's wiser to hide our true selves.

As adults, many of us who have had to wear a mask or hide our true identities go through a journey of re-discovering our true selves. This journey can be painful at times as we realize we have spent many years pretending to be someone we are not. It can also be liberating.

One of the ways to understand masks and identities is to look at the roles we play, and what is required in each of those roles.

Identify three roles you play today, and the dark and light qualities of those roles. Then circle the aspects that you feel connect to your true identity.

Role 1: _____

Dark Qualities

Light Qualities

Role 2: _____

Dark Qualities

Light Qualities

Role 3: _____

Dark Qualities

Light Qualities



Listen to the Lady of the Lake Meditation and then journal about what you have discovered about your truest self, the part of you that doesn't wear a mask, and the treasures you discovered.

My truest self is:

A large, empty rounded rectangular box with a purple border, intended for journaling the user's response to the prompt above.

In order to be my truest self more consistently and often, I will need:

Three horizontal black lines provided for the user to write their response to the prompt above.