MASKS WE WEAR

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| MASKS | DISTORTED ATTITUDE |
| Fortress mask | Protects me from getting close to people who could hurt me. |
| Take Charge mask | I have to feel in control, so I won’t get hurt. |
| Superior mask | If I look better than others, I will be accepted. |
| Victim’s mask | Everyone is trying to hurt me. |
| Party mask | I have to be the life of the party to be accepted. |
| Pleaser mask | I can’t say “no” because I will be liked if I’m needed. I want to feel accepted. |
| Vanity mask | My value comes from my outward appearance. |
| Rescuer mask | I feel responsible for making others happy. |
| Performance mask | My value is based on my performance and how well I measure up. |
| Happy mask | People only like me when I am happy and fun to be with. |
| “I can do it” mask | Asking for help is a sign of weakness. I can’t depend on others. |
| Perfectionist mask | I won’t be liked if I make mistakes. I don’t want to feel rejected. |
| Rebel mask | I don’t like being told what to do. |
| Flirtatious mask | I feel accepted when I am pursued. |
| Self-sufficient mask | People may need me, but I don’t need anyone. They will only disappoint me. |
| Clown mask | I have to make people laugh to hide my own hurt. |
| Hero mask | I must be there to rescue the situation. |
| Control mask | Since I cannot control the home I live in, I will control the parts of my life that I can. |
| Put Down mask | If I put others down, it will make me look better. |
| Unaffected mask | I will act like nothing bothers me or touches me when it actually does. |
| Uninvolved mask | I am too cool to get involved in this activity (even though I want to). |
| Confident mask | I act like am in control when I feel very insecure about myself. |
| Sensitive mask | I over apologize so no one will have a problem with me. |
| Blame mask | It’s not my fault! It is someone else’s fault. |
| Running mask | If there is tension in a relationship, I run, but I will tell everyone it is “God’s will.” |

Most from Bradley, R. & Roberts, D. (2012). *Behind the Mask: Authentic Living for Young Women*. Pure Desire Ministries International.