

Behind the Mask

An Expressive Art Worksheet

We all wear masks for different reasons—to protect ourselves, to fit in, to keep the peace. This activity invites you to explore both sides of your mask: what the world sees and what lives beneath the surface.

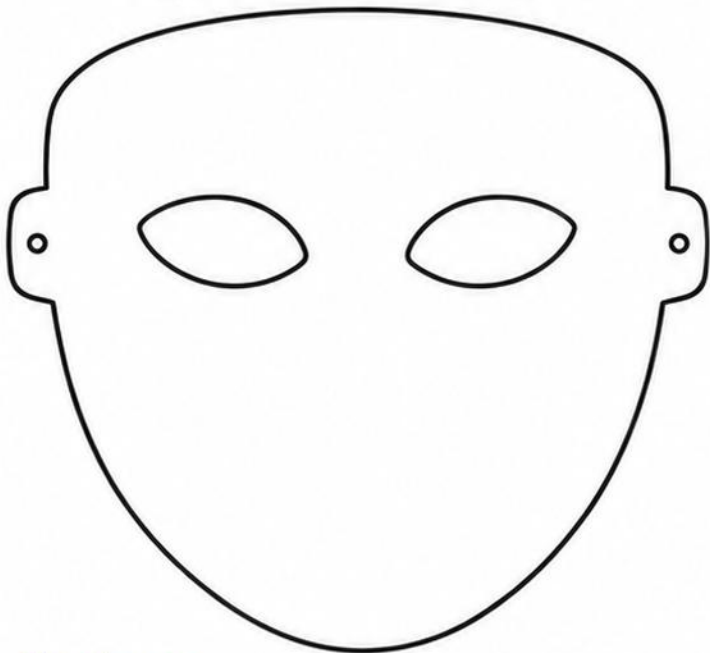


OUTSIDE OF THE MASK

What I Let Others See

Decorate this side of the mask with colors, symbols, images, and words that show:

- How you present yourself to the world
- The qualities, emotions, and traits you show others
- The role(s) you play
- What you want others to believe about you



I let others see:



You are allowed to show up however you need to in the world. There is wisdom in knowing your masks.

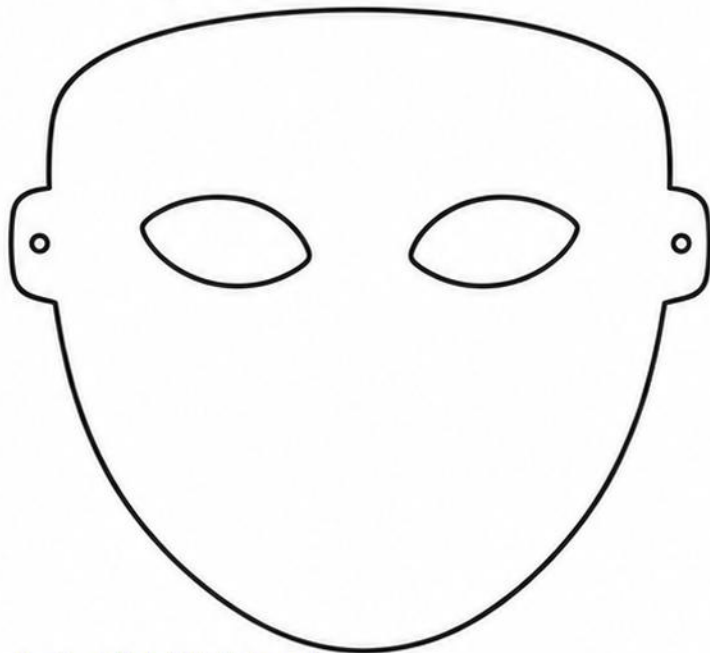


INSIDE OF THE MASK

What I Hide & What's True Inside

Decorate this side of the mask with colors, symbols, images, and words that show:

- What you hide from others
- Your true feelings and needs
- The parts of you that feel vulnerable
- Who you really are underneath



Inside, I feel / think / need:

It's okay to have parts of you that stay hidden. You are safe to be your full, authentic self.



REFLECTION QUESTIONS

- Why do I wear masks?
- What am I afraid would happen if I didn't?
- What would it feel like to be more fully seen?
- What is one small step I can take toward more authenticity?



A KIND REMINDER

You are more than the mask you wear.
You are enough—just as you are.

