

MASKS

“A covering worn on the face to conceal one’s identity. To make indistinct or blurred to the senses. To cover in order to conceal, protect, or disguise. To block the view of.”
--AMERICAN HERITAGE DICTIONARY

This exercise is created for you to disclose your mask, or masks.

What is the mask you wear to protect yourself from the world? Who is on the inside of your mask? Who is the real you that you feel you must protect from the outside world? Who shows up when you’re afraid of letting the “real” you show up?

There are many ways to create this project. Some things that can be done include the following ideas but don’t limit yourself.

Use magazines to find pictures that stand out to you. Trust your ‘sense,’ if the picture strikes you, it must be for a reason. Cut the pictures out. Arrange them from *the outside in*. In other words, which pictures show something you don’t mind for others to see and know about you and which pictures you do mind because they reveal things you feel more private about. Work from the public image level to the private or secret level. Place the pictures on layers of paper to represent the different layers to our mask(s), going from the surface to the deeper places.

Take your time with this exercise, meditate, pray, talk with a friend, talk with your sponsor, get their feedback on who they see when you are wearing a mask. Our recovery is about finding out who we really are and allowing the beautiful person our Higher Power created us to be to come out and enjoy life. It’s our fears that force us to keep hidden. Our addictive voice tells us, “If they really knew you they’d leave, too.” That fear can keep us stuck in our addiction.

Use your imagination! Be creative! Be honest!

