

Behaviours - Masking

The “Authenticity Lens” Exercise

Goal: Explore masking behaviours and **their impact** on emotional well-being.

Instructions: Reflect on situations where you mask and use the prompts below **to understand** their effects.

1. List situations where you feel you “mask” your authentic self (e.g., at work, social gatherings, with family).

2. For each situation, write:

- What behaviours are part of my mask?
(e.g., smiling when upset, mirroring others’ opinions).
- Why do I mask in this context? (e.g., fear of judgment, social norms).
- How does masking make me feel (both in the moment and afterward)?

3. Reflection:

- Which of these masks feel necessary, and which could I let go of?
- What small, safe steps can I take to show more of my authentic self?