



## Masking Our Feelings

By: Deborah Tackmann

*Don't be fooled by what you see.  
The "mask" I wear really isn't me.*

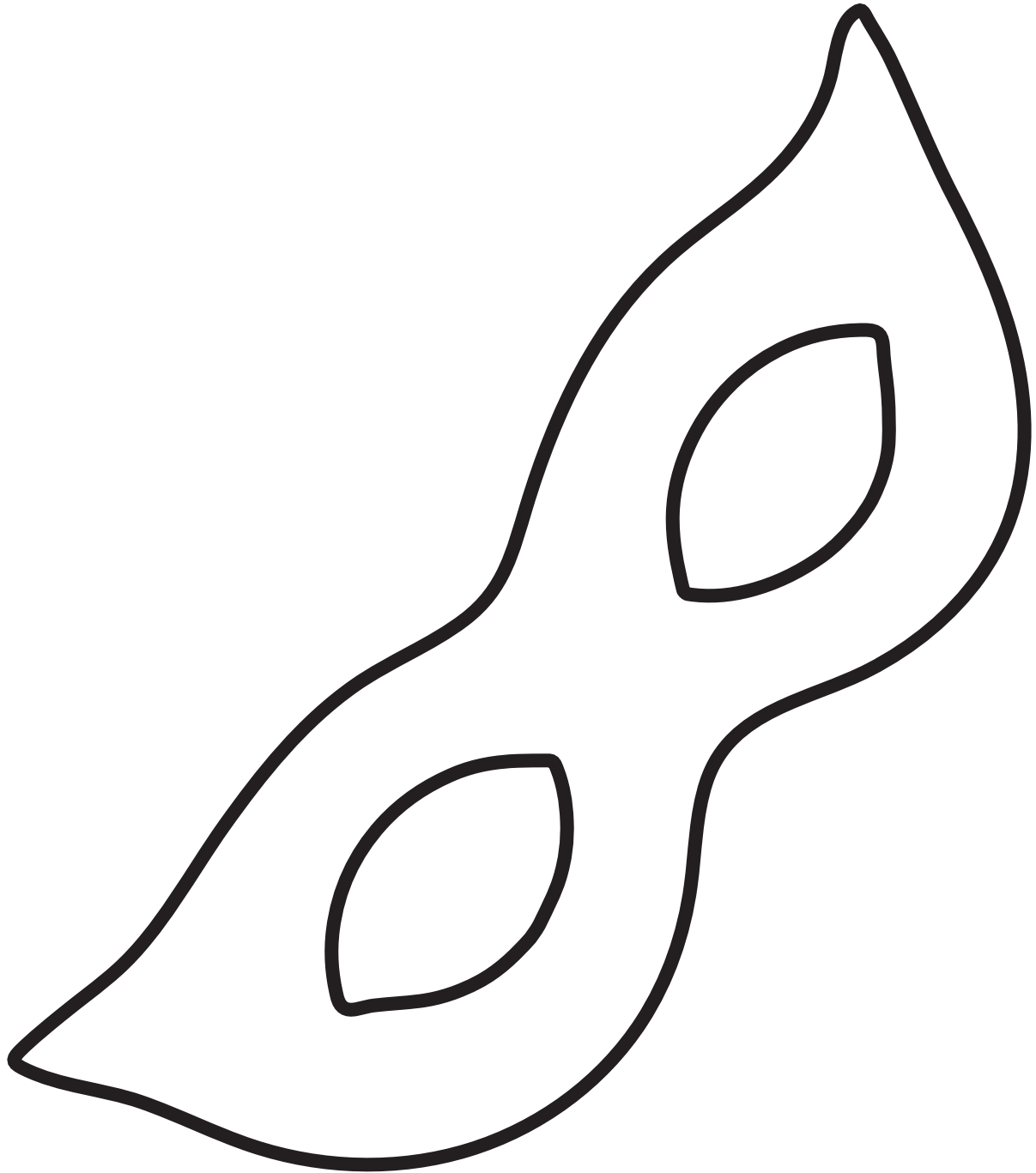
*I might smile at you, but deep inside  
I'm feeling sadness I'm trying to hide.*

*I'd like to show you the real me,  
But I'm afraid you'll laugh at what you  
see.*

*I'd really like this mask to end  
And I can do it if you'll be my friend.*

*So let's be our true selves and see  
If we can spread this Dignity.*

*Don't be fooled by what you see.  
The "mask" I wear really isn't me.*





**Name:** \_\_\_\_\_

Emotions are not right or wrong. They provide information about how we see a specific situation. Different people feel different emotions depending on the situation because we have different beliefs about ourselves, others, and how the world operates. Emotions also provide us with useful information that we need to recognize and understand in order to learn, live, and grow as an emotionally healthy person. Sharing our emotions with other people can also help us to communicate better as well as help us build healthier relationships.

**Part A: Read each open-ended statement. Think about a time when you felt this emotion, and then complete the sentence below.**

1. I feel/felt scared when: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

2. I feel/felt embarrassed when: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

3. I am most happy when: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

4. I feel/felt loved when: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

5. I feel/felt the most anxiety when: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

6. I feel/felt most relaxed when: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. I feel/felt guilty when: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. I feel/felt safe when: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9. I feel/felt angry when: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

10. I feel/felt appreciated when: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Part B: Think about a feeling you recently experienced and complete the three statements below.**

11. I feel/felt \_\_\_\_\_ when: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

12. I feel/felt \_\_\_\_\_ when: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

13. I feel/felt \_\_\_\_\_ when: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_