



Masking Your Feelings

At times, we wear real masks to hide our faces, like when we dress up in a costume. Other times, we wear “imaginary masks” — the kinds that other people can’t see. Imaginary masks hide our feelings from other people. You are wearing an imaginary mask when you’re pretending to feel something that you don’t really feel.

Examples of imaginary masks are:

- Acting like everything is fine when it isn’t.
- Saying you don’t care about something when you really do.
- Pretending to be super nice when you’re really angry inside.
- Acting angry when what you really feel is hurt.

What masks do you wear that keep you from admitting to yourself that you have a problem with touching? On this page, draw the mask or masks that you wear to hide your feelings.



Resource: Steps to Healthy Touching.

Harborview CBT+ 03