



Mask Reflection Guide

Use this resource alongside the Iron Collective Podcast and Field Guide (pgs. 24-26) to reflect on and unpack your mask.

Questions:

Outside of the Mask: - Show

- What am I trying to present to others?
- How do I want to be seen?
- How must I appear to be loved?

Inside of Mask - Shield

- What wounds am I protecting so I don't get hurt again?
- When did I first learn to protect myself this way?
- What pieces of my Box Talk are these tied to?
- What core lies am I tempted to believe about myself?

Inside of the Mask - Strive

- How am I trying to earn my way to God?
- How am I walking the Pleasing God path instead of the Trusting God path?



**Mask image generated by ChatGPT. It tried its best. Sorry about the face.*

More Mask Examples

The Good Guy: Always polite, compliant, and “nice”; afraid to disappoint or express anger; often people-pleasing.

The Perfectionist: Believes his value is in doing things flawlessly; avoids vulnerability and failure at all costs.

The Strong One: Appears unshakable and in control; hides pain or weakness; doesn't ask for help.

The Caretaker: Finds worth in meeting everyone else's needs; neglects his own emotions and desires.

The Achiever: Driven by productivity and accomplishment; identity is tied to performance and success.

The Independent Man: Avoids dependence on others or God; fears intimacy or being perceived as “needy.”

The Chameleon: Constantly shape-shifting to fit in or be accepted; loses sight of his true self.

The Victim: Feels powerless or stuck; may use pain to gain sympathy or avoid responsibility.

The Casanova: Uses physical appearance or charm to feel loved or gain approval; fears being unseen.

The Martyr: Suffers in silence and believes he is more spiritual or good because of his suffering.

The Religious: Performs spiritual acts to earn love or appear holy; hides doubts, struggles, or wounds.

The Control Freak: Tries to control people or outcomes to feel safe; deeply uncomfortable with uncertainty.

The Joker: Hides pain behind humor or sarcasm; avoids vulnerability through deflection.

The Invisible Man: Withdraws, avoids attention or expression; believes he's unworthy of love or presence.

The Competitor: Always comparing or trying to “one-up”; his worth feels threatened by others' success.

The Fixer: Believes he must solve everyone's problems to be valued; often avoids his own inner work.