

Art Activity: Outer & Inner Masks

Decorate the mask below with pictures and words that represent how you appear to others (i.e., how you allow the world to see you). This is your outer mask.



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The mask below is your inner mask. Decorate this mask with things that symbolize the parts of yourself you keep hidden from others or that you don't let people see until they've earned your trust.



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Questions for Discussion

1. Do you like the appearance of your outer or inner mask better? Why?
2. What is the purpose of having both an outer and inner mask?
3. What lies does your outer mask tell?
4. Does your inner mask tell any lies? Why or why not?
5. What are some of the things on your inner mask that you try to keep hidden, but seem to seep out anyway?
6. What would happen if you threw your outer mask away and only wore your inner mask?
7. What would happen if you threw your inner mask away and only wore your outer mask?
8. Are there things you purposely didn't include on either mask because you didn't want others to see them or you don't want them to be true? What are those things? Are they things you can change?
9. What would your ideal mask look like on the outside and the inside. What changes do you need to make to have that mask?
10. (If in a group setting): Ask group members if they think your outer mask is missing anything. Next, ask if anything on your inner mask should actually be on the outer mask (i.e., are there things you try to keep hidden that are apparent to others?)