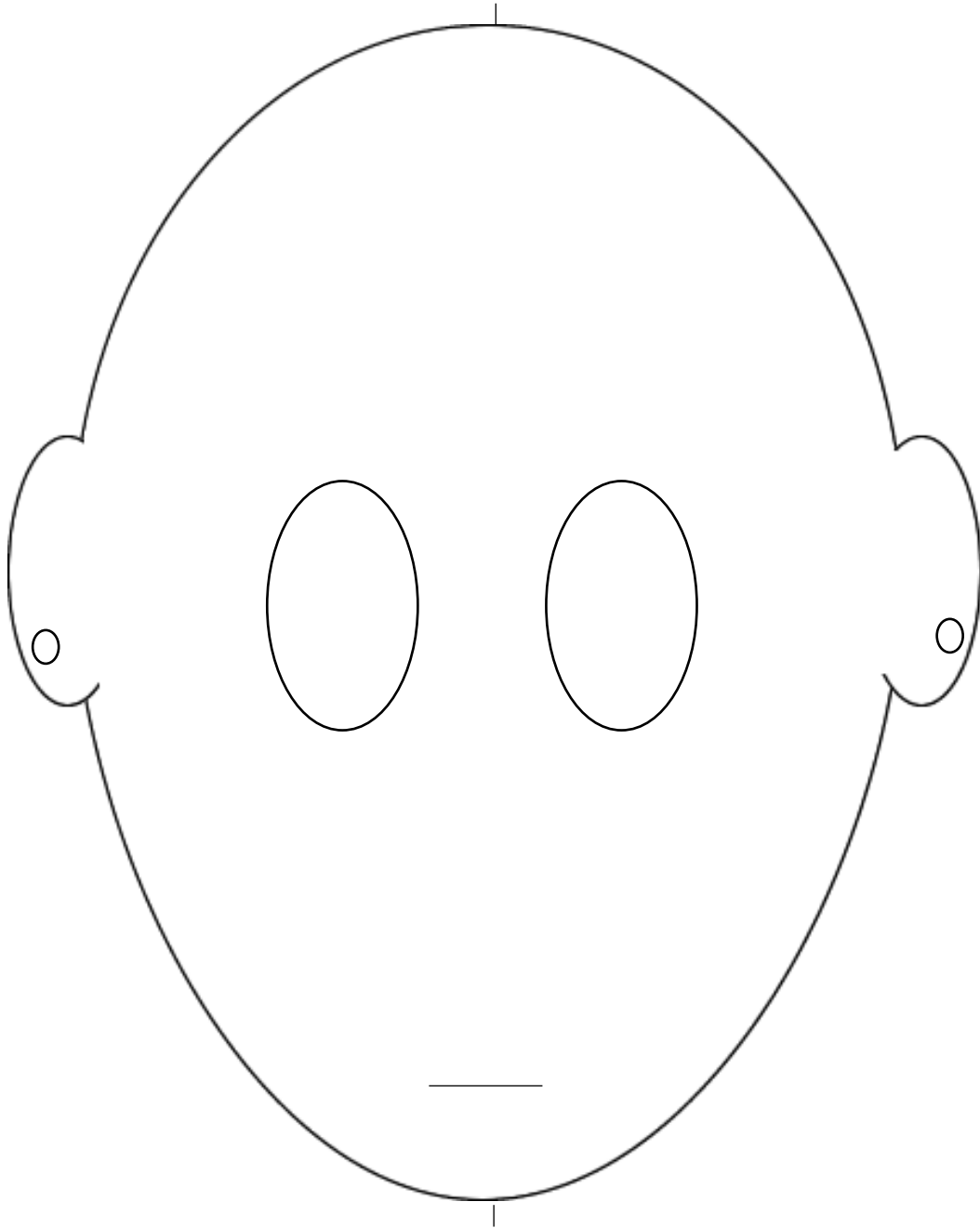


## Two-Faced Mask.

We all know people who are two faced in a bad way but did you know most people are two faced in that they put up a physical & emotional mask of themselves daily, in certain situations, in school, or to friends etc. Just think of Instagram & other social media posts compared to real person.

[View the video – ‘Are you Living an Insta Lie’ on YouTube.](#)

On the left hand side of the face, can you list how you usually feel & on the right hand side of the face put down the ‘mask’ or techniques / behaviour you use to try to hide the left side’s feelings?



Are your ‘masks’ the best option? Are there better ways of coping with your feelings, can you remove the need for the mask by challenging or seeking help with your feelings? Pick at least one feeling & list other options/techniques you could try instead of hiding.

### Self-Target Time

Feeling (s):

Options/Targets: