

## **Masking**

Most people wear masks as a way of keeping themselves from having hurt feelings. You may find your own mask in the list below. If you look carefully, you will find the masks of some people you have met. Once someone considers you his/her friend, he/she will feel like taking off their mask. You may be allowed to “peek under the mask” if you understand the person and why he/she has chosen that mask to wear.

**INSTRUCTIONS:** Choose a member of the group to play the part of one of the personality types described. Have the others in the group apply the suggested methods and any other methods they can suggest for getting the person to remove his or her “mask.” You may choose to write a script and practice before presenting it to the group as a whole or you may choose to make up the lines as you go along.

1. Do you know someone who wears the mask of the SHY PERSON? A shy person has learned to guard against being hurt by sometimes acting rude or stern. He/she may seem like a snob to others, but the shy person is really afraid of people. These shysters may act as if they are better than another person but really feel that they are not as good as the next person. It is very painful for shy people to be around people they do not know very well. You can help the shy person take off the mask if you:
  - a. Act as if you do not know he/she is shy.
  - b. Ask him/her to do favors for you.
  - c. Look into the shy person’s eyes when you talk, even if he/she does not look into yours.
  - d. Ask his/her opinions and really listen to what the shy person has to say.
  
2. Do you know someone who wears the mask of the WORRIER? A person who wears the mask of the worrier is someone who is full of fear. The worrier is afraid that he/she will make a mistake, afraid that he/she will lose his/her job, afraid that he/she will not learn fast enough. The worrier does not want to let people know he/she is afraid, but fear is hard to hide. You can help the worrier remove the mask by:
  - a. Showing the person that you believe in him/her.
  - b. Keeping the worrier busy so that he/she forgets his/her fear.
  - c. Being extra kind to him/her.
  - d. Being relaxed with him/her.
  - e. Letting the worrier know that you have fears, too.

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3. Do you know someone who wears the mask of the BUSY BEE? The person has learned to act busy because he/she would not want others to think that he/she is lazy. The busy bee will have every minute of his/her day planned and may brag about it. You can help the busy bee relax and take off the mask by:
  - a. Asking the person about his/her interests.
  - b. Trying to get the person to talk about things outside school such as movies, sports, television, music, or family.
  - c. Ask the person to join you in something that would be fun for both of you. Do not take no for an answer the first time; keep asking. The busy bee needs to be pushed to relax and have fun.