

Masks We Wear in Addiction

Full name:

Date submitted:

Instructions

Please answer the following questions. Be as descriptive and honest as you possibly can.

Given your addiction, how difficult is it for you to be yourself around your loved ones and friends?

Do your loved ones and friends know about your addiction? How do they feel about it?

How difficult is it for you to be yourself around colleagues and other people?

Why do you believe your addictions make it difficult for you to be yourself around people?

Do you know what your "true" self is?

What masks do you wear to conceal your true self?

How are these masks related to your addictions?

How do you feel whenever you put on these masks?

How would it make you feel if you were never to take off your mask(s) and never return to your true self?

If you don't want to lose your true self, what steps would you take to rediscover it?

Attending therapist/specialist's full name:

Signature: