

**Workbook**

**7**

**Days**

*To Lasting Love*



## Day 4: Action items

### Self Reflection

Take a few moments today to reflect on the areas in your life and relationships where you feel inauthentic. Write down specific instances where you felt the need to put on a mask to please, protect, or avoid conflict.

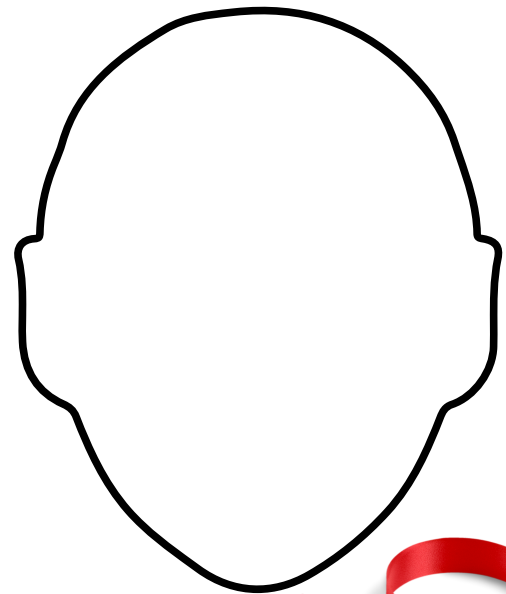
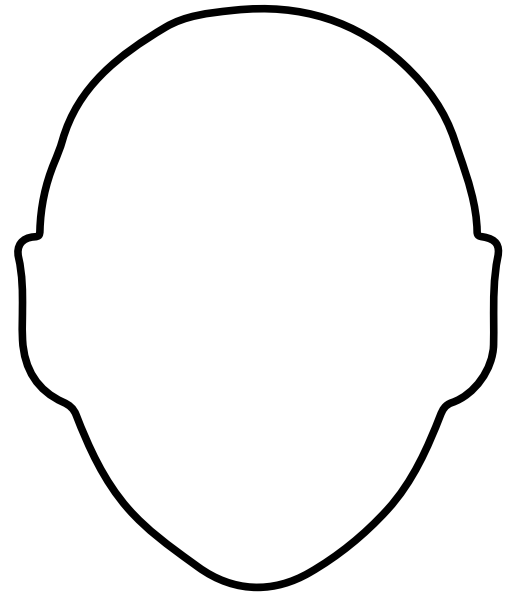




## Day 4: Action items (continued)

### Identify & draw the mask (s)

Look at your list and identify the mask you were wearing in each situation. Were you pretending to be more agreeable, less emotional, or more capable than you actually felt? Note what patterns these masks might correlate to from our discussion yesterday.





## Day 4: Action items

### Explore the why

For each mask, ask yourself why you felt the need to wear it. Was it due to fear of rejection, past criticism, or a need to be seen as perfect? Understanding the root cause will help you connect the mask to a specific core wound.

### Journal prompt

Write a letter to yourself as if you were speaking to a dear friend. Encourage yourself to take off the mask and show up authentically. What would you say to comfort and support this friend in being their true self? How can you apply this compassion to your own life?

