



Individually

Mirroring Masks Mixer

Think About Your Masks

1. **Individually:** Think about the masks you wear (e.g., sibling, student, college applicant, co-worker, part-time worker, athlete, artist, friend).



Together as
a Group

Mirroring Masks Mixer

1. **Quantity and Frequency:** How many masks do you wear a day? In a week? What are they?
2. **Individual Preference:** Which masks are your favorite?
3. **Public:** Which masks do you share online?
4. **Private:** Are there any masks you wear that you don't talk about or share?
5. **Public Preference:** What masks do we think people prefer or want to see?
6. **Impact:** How can and do we impact others with our masks?
7. **Focus on One Mask:** Choose one mask and answer the following questions for that mask:
 - How do you feel when you wear that mask?
 - How do you feel when people respond and interact with that mask?
 - There are two sides to every mask. What goes in to being successful with this mask that people don't know?
 - What do you wish your family and peers knew about wearing this mask?

*"We mistake ourselves for our stories.
We have stories, but we are NOT our stories."
—Mark Matousek via FLAWD*

Mirroring Masks Mixer Discussion