

Questions for discussion

1. What do you think of false people?

There will always be a debate over the real you. I have read about incidents where someone died. Sometimes people are interviewed about what they know about the victim or the criminal. Most of the time they say they thought they knew them. Do you know those around you really well? Do you have false people in your life? There is usually a lot left untold by the people we live with.

“The fish in my bowl was floating upside down. Relationship dead. Phone conversations dead. Chance of marriage dead or zero. A week later I felt that a month on the phone was productive. I learned a lot on the first date too. What I learned is that both of us hate masks. We were for the most part honest people. That inspired me. I called her and asked if she wanted to go on a roller coaster life with me. I guess she had been thinking about that too, so she said yes. It’s been 13 years since then. I think what we have learned is that marriage is wonderful and ugly. Friendships and relationships are awesome and really hard work. Yet, we prefer those without masks.” Chapter 2, p, 2

2. Are you behind a mask?

The one thing that scared me was looking into the mirror a few weeks after my divorce. I needed to move on but I realized I never knew myself that well. I might have been living a lie in my first marriage. Who was I? I tried to be many things I wasn’t in my first marriage. Equally, I was not that honest with myself and those around me. To say you have no mask is not entirely true. Take a deep look in the mirror. Who are you?

“In church one Sunday, there were masks on several chairs. During the service, the pastor made a point and asked the people to put on their masks. What was interesting was the timing. Some of us forgot who had the masks. We were thinking: who was behind then now? The sermon reflected on what we hide in church. Who we hide in public. The kicker was who were we really talking to behind the mask now? That is certainly true in a church. People hide themselves behind a God mask. Are people real or just made up behind masks?” Chapter 2, p, 4

3. Do you think this generation wear masks?

I totally believe this generation loves masks? Maybe every generation does. We mask our lives in traditions and fads. Are we the sum of what society wants and desires? The truth is said to be gone. We are in the post truth era. Does that mean we can be anything we want? Yet, the real you remains. I am positive that the real you is a tiger that

Mask Chapter 2 (Dirty)

needs to be fed. False masks only prolong the inevitable. You will always be searching, wanting, and restless until you discover and promote the real you. Masks are no good.

“People will be offended. You can’t talk about my lifestyle or my cause that way. I am offended just thinking about offences. Yet, we are told to don a mask in the name of the lifestyle or cause. No matter what you believe, it’s not politically correct to say it. Hence, stock in masks is rising. We’re teaching this generation to shut up, be silent, and wear a social mask. If generation x is lost, then this is perfect. Try this mask on to find your identity. It’s not the real you, but it’s something. I suspect this is a formula for a revolution and trouble. A lost people looking for meaning seems good but usually ends up with a lot of death and mayhem. It’s the problem with masks. The real person is a fierce tiger needing to get out of the cage. Like in the mask movies, the captive behind the mask needs to be rescued.” Chapter 2, p, 8


4. Do we love not being ourselves?

I know a guy who believes he is gay. He moved to another city to be with a boyfriend. At some point, he returned home unsatisfied. His whole life is wrapped up in his chosen lifestyle. My point is not to discount the lifestyle. It’s to point out that the real you wanted out. We create masks to fool others. We also build masks to fool ourselves. My friend needs to see that gay is not 100% of who you are. It’s part of you. What about the rest of the talents and traits you received from birth. Why do we promote lifestyle but not the rest of who we are? Are we afraid of being real?

“The Batman movies have given us some great quotes. This one says no one cared who I was until I put on the mask. Is that what we are all about? Do we love masks because we hate who we have become? People can be shy and they can be confrontational. I have read that some frustrated people are loud because they need to be heard. Others are quiet because they want to go un-noticed. Does the kid in the back of the class need to wear a mask? I see them two ways: they either hated the spotlight or demanded the spotlight. Do we use masks to achieve that?” Chapter 2, p, 8

5. Are masks to protect or pretend?

I am fascinated by masks of villains and heroes. The person behind the mask is complicated. Are we forging our masks to protect or pretend? I believe that we are not trained to be ourselves. The importance in life is dedicated to lifestyle and social identity. Yet, we love to paint, workout, and many other things. Sometimes we will be embarrassed by failure. Sometimes we think we can’t do things. Masks are made to portray a different person that is invincible. Unfortunately, the real you does not work that way



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“The first sentence in this book tells you I have a phobia with certain people. There are those who intimidate me. Why, I don’t know. There are others I like to intimidate. When people get angry easily, I love to poke the bear. Who knows why. As a kid, my parents liked to keep us humble by telling us that others were better than us. It worked, I feel less than stellar around most people. I am convinced that people learn to believe certain things about themselves. I also believe that people avoid others because of how they feel. That goes for the mask too. Do we create them to protect or pretend? I feel in the end, it’s to avoid ourselves.” Chapter 2, p, 10

6. Do masks make us hollow?

We create a false persona to protect our hearts. Maybe it’s to avoid embarrassment. What I know is far too many of us know there is something missing. I believe it’s because we were meant for more. Most people don’t explore themselves. Far too often we were told it’s prideful or wrong. It being the best you wrong? Not discovering your real purpose is leaving things unsaid, undone, unfinished. That just might make a heart feel hollow.

“I hope I pointed out what masks are. I hope I gave direction to how we use them. Dating is a good one because we were selling ourselves as a potential life mate. I find it so funny and interesting that we hide and obscure to gain a mate for life. Then in marriage, we have trouble. Honesty is the best policy but we rarely play that card. Friendships are great if you gain a good one. It’s probably a good one only because your both being honest. It might not be good depending on the masks you wear. I think relationships are hollow when we wear masks.” Chapter 2, p, 14