

Masks

Eduardo Viramontes

In the closet of my mind, I have a hundred masks
To wear appropriately as the case demands.
Carefully I let each person I know
See the mask upon my features
That fits what they would like to see me be.
So I have one mask for my parents,
Another for my teachers,
Still another for my friends.
I have masks to impress those of whom I am jealous
And those of whom I am afraid.
I let those who dislike me see something different from what I share
With those who find me likeable.
And do you know
What should be a slick trick-
To interchange my masks at will-
Has brought me only confusion and additional worries?
Suppose I wore the wrong mask?
At the wrong time, with the wrong person?
Suppose I forgot where I was
And startled whoever I was with by showing them a stranger
They had never met before?
What then?
Sometimes when I am alone with God,
I try on many masks to fool HIM,
But I always fail.
I feel so naked and exposed
Without protection in His sight.
He knows me as I am and as I can become,
When I accept this, then I can relax with Him.
Help me, Lord, to put away my many masks
In the closet of my mind to gather dust.
Let me be myself as You see me
Before all people,
I'm really tired of playing games.

Intensity of Feelings	HAPPY	SAD	ANGRY	AFFRAID	ASHAMED
HIGH	Elated Excited Overjoyed Thrilled Exuberant Ecstatic Fired up Passionate	Depressed Agonized Alone Hurt Dejected Hopeless Sorrowful Miserable	Furious Enraged Outraged Boiling Irate Seething Loathsome Betrayed	Terrified Horried Scared stiff Petrified Fearful Panicky Frantic Shocked	Sorrowful Remorseful Defamed Worthless Disgraced Dishonored Mortified Admonished
MEDIUM	Cheerful Gratified Good Relieved Satisfied Glowing	Heartbroken Somber Lost Distressed Let down Melancholy	Upset Mad Defended Frustrated Agitated Disgusted	Apprehensive Frightened Threatened Insecure Uneasy Intimidated	Apologetic Unworthy Sneaky Guilty Embarrassed Secretive
LOW	Glad Contented Pleasant Tender Pleased Mellow	Unhappy Moody Blue Upset Disappointed Dissatisfied	Perturbed Annoyed Uplight Resistant Irritated Touchy	Cautious Nervous Worried Timid Unsure Anxious	Bashtful Ridiculous Regretful Uncomfortable Pitied Silly

The five core emotions run left to right across the top of the table. Manifestations of each emotion based upon the intensity felt are described down each of the columns in the table.

1. Quiet yourself. Think about "where you are" at this moment in life. Invite the Holy Spirit to guide you in becoming more aware of your own feelings.
2. Read through the chart above. Which word describes what YOU FEEL at this moment? Identify it as where you are in this moment. It may change tomorrow or next week. Talk to God about what you are feeling (even out loud if that feels right).
3. Are you content to be feeling this right now? If so, say thank you to God for the people and circumstances that led you to this feeling. If you desire to be in another place, ask God to help you get there. *You may choose to journal a bit about what you are feeling.*
4. Thank God for helping you become aware of where you are and where you want to be!