

# THE MASKS WE WEAR

- 1. The Controller:**  
Attempts to control circumstances and people.
- 2. The Abuser:**  
Seeks to demean, hurt, abuse, and suppress others.
- 3. The Rescuer:**  
Attempts to rescue others from their pain and issues.
- 4. The Achiever:**  
Tries to prove their worth and value by accomplishing tasks.
- 5. The Imposter:**  
Pretends to be someone they're not in order to be accepted by others.
- 6. The Victim:**  
Allows tragedy to define their identity.
- 7. The Entertainer:**  
Attempts to entertain others to gain attention and create distractions.
- 8. The Pleaser:**  
Works to gain the approval of others by giving in to them as a result of their own insecurity.
- 9. The Perfectionist:**  
Tries to prove their worth and value by attempting to do things perfectly.
- 10. The Escaper:**  
Attempts to escape their pain and issues by running away.