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.