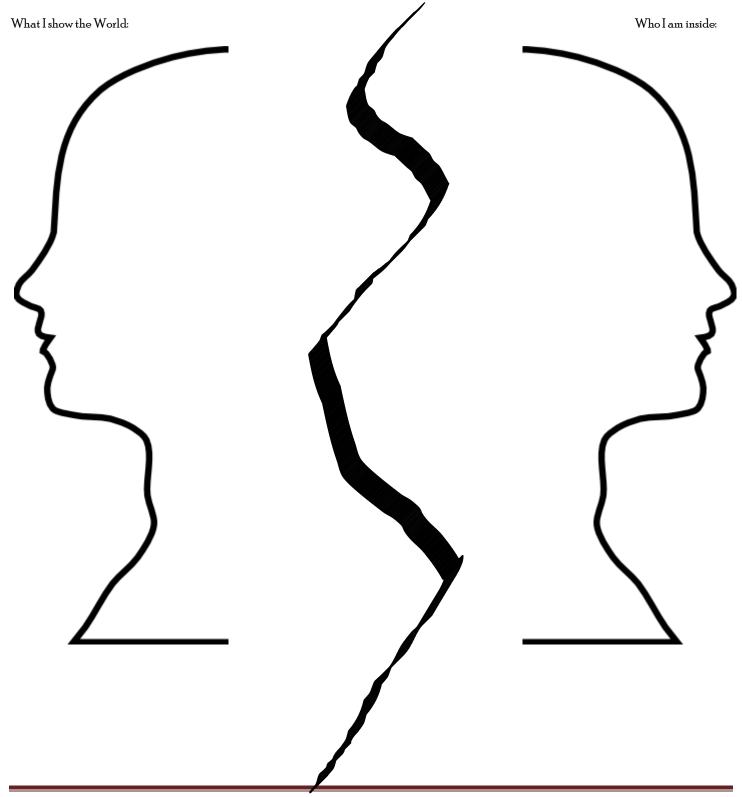
My Two Faces

Most of us have two faces, the one we show to the world and the one we hold on the inside. We might smile and say everything is okay, and yet feel nervous or scared about something. We might dream of trying out for the school play, yet fear our friends will make fun of us. Here's a chance to bring your two faces together. Describe how you present yourself to the world. How are you different on the inside?



My Two Faces Contemplation Questions

1. Why do we hide our true selves sometimes?

2. What are some aspects of you that you wish you could show to the world—your friends, family, and community—but you are afraid to bring out of yourself.

3. Why is it sometimes required to "put on an act" or to "perform" in our lives? For example, a good parent might remain positive and hopeful in front of her children, in order for them to feel safe; even though in her heart she is worried about paying the bills. What's an example of an act you perform for the world?

4. What steps can you take to become your true self? How can you bring your two faces together?