

# Masks



- How are you feeling today? Are you 'Fine'?
- So often we wear a mask, rather than revealing what's really going on in our lives. It can be hard work!
- Are you honest with yourself about how you're feeling?
- Is there someone else you can be honest with?

***Behind every mask there is a face, and behind that face, a story.'***

*Marty Rubin.*

- Do we take the time to see the real person behind other people's masks?