



UNMASKED WORKBOOK

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Action Steps:

1. Make a list of the times that you had fallen down or failed at something where you felt ashamed, embarrassed, rejected or betrayed in which you hid behind a mask, “Faking it till you make it” and feeling ashamed.

2. Next take each one of the examples that you have written down, and replace how you could have handled it differently without a mask? For instance, imagine what it would look like or how it would feel to walk in your truth of the emotion that you were experiencing? The honest raw truth of what happened vs hiding behind the mask. Being ok with not being ok. Take an inventory of your internal feelings. Were you in integrity with how you were feeling or being authentic with who you are i.e, a child of God and who's you are i.e, a daughter of a King.



3. Replace those feelings with the truth according to the scriptures. For instance...

Romans 12:1-2 *“do not be conformed to this world but be transformed by the renewing of your mind.”*

Philippians 4:13 *“I can do all things through Christ who strengthens me.”*

Psalms 103:12 *“As far as the east is from the west, so far has he removed our transgressions from us.”*

These can be mantras and affirmations to go from a place of brokenness to blessed. Look up scriptures with specific issues that you have experienced and choose the ones that speak to you. Write them down on a 3x5 card, read them every day as needed and carry with you in your purse.



Broken to Blessed

1. Take a minute and write down the times you have been broken and put your mask on to hide from the hurts, the betrayals, rejections, the guilt, all the emotions that made you feel worthless, judged, or criticized.

John 8:7 states in the Bible, *“He who is without sin cast the first stone,”* well no one is throwing any stones.

Or the saying *“People living in glass houses cast the first stone”*. What this means is NO ONE is without mistakes and cannot throw stones! NOT EVEN ONE!

2. Next recognize what was happening in your life at that time and write it down. What feelings were you experiencing, what caused the brokenness that you were feeling that caused you to do what you did? For example, feeling broken, lonely and needy so you get involved with the wrong man only to find shortly after you were alone again and feeling broken. What was going on in your head or in a specific situation? Look back so you can once and for all forgive yourself. After all if it states that you are forgiven from the east to the west which is a truth. Now leave this situation in the rearview mirror where it belongs. Trust the fact that you are loved unconditionally, through the good, the bad and the ugly. That you can be restored to wholeness. Never needing to wear your mask again.



2 Corinthians 5:17 *“Therefore, if anyone is in Christ, he is a new creation; the old things have passed away; behold new things have come.”*

3. Replace those feelings with the truth according to the scriptures. Look up the word that you were feeling and write the scripture that speaks to you on the 3x5 cards. For example, feeling **worthless**, write Psalm 139:14 *“I am fearfully and wonderfully made: marvelous are your works.”*

Feeling **fear** write Isaiah 41:10 *“Do not be afraid for I am with you. Do not be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.”*



Truth vs Ego Action Steps:

1. Write down a time where you have felt like you needed to boast or brag about what was happening in your life? Or how about an achievement that you received? What about a time when you were feeling very inadequate or a low self-esteem, what was happening around you? What were you feeling inside?

2. Now state some affirmations about yourself in those situations that you can replace the feelings of inadequacy or low self-esteem. For example:

- I AM A CHILD OF GOD
- I AM LOVED UNCONDITIONALLY
- I AM MORE THAN ENOUGH
- I CAN DO ALL THINGS THROUGH CHRIST WHO STRENGTHENS ME
- I AM FORGIVEN

Finally, remember what others think of you doesn't define you, however, it does define them.



Faith vs Fear Action Steps:

Pause for a few minutes and acknowledge when you had faith in a situation that came to pass. Write it down and give thanks for the faithfulness of our father in heaven. An attitude of gratitude is life changing. When you change the way you look at things, the things you look at will change.

1. When have you been in a situation that you knew that only through God's loving hand could the situation have had the positive results that it did? Like the time my friend John had a tumor and was going to go under an 8-hour MAJOR surgery with an 8 day hospitalization followed by chemo and radiation. We prayed with him the night before declaring that the tumor was gone in the mighty name of Jesus. The next day he went in for his pre-ops and the Dr told him his tumor is gone... BUT GOD, miracles happen EVERYDAY!

2. Be aware that when you are in a state of fear there is anxiety, restlessness, distress and an inability to sleep. When there is faith there is peace, calmness and joy. One of my favorite scriptures when I am anxious and fearful is Philippians 4:6-7. This prayer will give you peace beyond understanding every time!



“Do not be anxious for NOTHING but in everything with prayer and petition with thanksgiving present your request to God. And the peace of God which surpasses all understanding will guard our hearts and minds in Christ Jesus.”

I recommend that when you have a moment that you find yourself in a stressed, anxious position, that you cleave to a saying, a phrase or scripture that will change your thoughts and calm your mind and heart. Write down 3 scriptures as a confirmation of renewing your mind.



Courage to Be Vulnerable Action Steps:

1. Define a time when you were vulnerable by being transparent with your feelings or the situation that took courage to step up, speak out, and step into your greatness.
2. When have you ever felt powerless and what was the situation that surrounded those feelings.
3. Describe one of the most courageous times you experienced in your life. What was happening and how did you feel when the situation was over?



Love is the Why Action Steps:

1. How would you describe what love is? When have you experienced or received it? What were your feelings at that time in receiving love?

2.1 **Corinthians 13:1-7** defines what love is, write it out and review it everyday.

3. How we live our lives every day in love is the why. We reap what we sow. When was there a time that you reached out to someone in love and what did it look like? What feelings did you have after you showed someone the love?

