8.2

WORKSHEET · CHAPTER 8

Mask ladder

From the safest place to the hardest. Start on the bottom rung and stay as long as you like.

6	**Work** *Last, and maybe never. That's a decision, not a failure.*	*What I'll try*
5	**Friends** *One friend, one real interest.*	*What I'll try*
4	**Strangers, in small ways** *Headphones on a walk. A nod back.*	*What I'll try*
3	**Home** *Nobody has to perform here.*	*What I'll try*
2	**One safe person** *Let them see one thing you usually hide.*	*What I'll try*
1	**Alone** *Ten minutes a day, nobody watching.*	*What I'll try*

Rough at first, people say. If someone on rung two shows you how they are without the mask, don't joke about it later.

On a bad day: rung one only. Ten minutes, alone, nobody watching.