

Unmaskery.com

101 Masks We Wear

A self-discovery guide to the personas we put on.

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Workplace Masks

The Overachiever

Seeks worth through non-stop performance and results.

Do I take on too much work to prove I'm valuable, even when I'm already overwhelmed?

The Yes-Person

Agrees to everything to gain approval and avoid conflict.

Do I agree to things I probably shouldn't, just to avoid disappointing people?

The Silent Observer

Stays quiet to avoid risk, judgement, or conflict.

Do I hide my contributions or avoid speaking up, even when I know I should?

The Imposter

Fakes confidence while fearing being 'found out'.

Do I feel like a fraud at work despite evidence of my success?

The Lone Wolf

Avoids teamwork to protect pride or avoid exposure.

Do I keep to myself to avoid the risk of betrayal?

The Micromanager

Controls others to ease inner anxiety.

Do I struggle to trust colleagues with tasks, feeling the need to oversee everything?

The Workaholic

Avoids emotions by staying constantly busy.

Do I use busyness to escape my feelings or personal life?

The Over-Preparer

Overcompensates due to fear of failure.

Do I prepare excessively because I fear I'll fail otherwise?

The Competitor

Feels safe only when outperforming others.

Do I compare my performance constantly to feel worthwhile?

The Diplomat

Polishes language to stay neutral and agreeable.

Do I soften or change my messages to avoid conflict, even when honesty is needed?

The Pretend Expert

Acts confident to avoid looking unqualified.

Do I act knowledgeable in areas I actually feel uncertain about?

The Motivator

Uplifts others while hiding personal burnout.

Do I push others forward to distract myself from my own burnout?

The Company Evangelist

Fuses identity with brand or mission.

Do I tie my self-worth to my organisation's successes, to the point it defines me?

The Meeting Mask

Nods along and agrees even when disengaged.

Do I attend meetings where I feel unnecessary just to be seen as important?

The Overcorrector

Doubles down when wrong to protect ego.

Do I defend every mistake vigorously, even when admitting it could help me learn?

Social Masks

The Charmer

Relies on humour or wit to avoid vulnerability.

Do I use my charm to keep people at arm's length rather than connect authentically?

The Party Animal

Uses energy and fun to mask loneliness or pain.

Do I fill my social calendar to avoid quiet time with myself?

The Social Chameleon

Adapts identity to fit into any group.

Do I change who I am to fit in, rather than showing my true self?

The One-Upper

Shares stories to outshine others, not connect.

Do I top others' stories to make sure attention stays on me?

The Gossip

Uses others' flaws to deflect from their own.

Do I talk about others' issues to deflect from my own?

The Storyteller

Embroiders truth for attention or connection.

Do I embellish stories to gain approval or attention?

The Peacemaker

Suppresses opinions to keep harmony.

Do I avoid sharing my true thoughts to keep the peace?

The Joker

Turns everything into a joke to avoid depth.

Do I make jokes when emotions get too real?

The Mystery

Keeps life vague to feel safe and in control.

Do I keep personal details vague to avoid intimacy?

The Trend Follower

Mimics style or speech to gain belonging.

Do I adopt every trend to feel included?

The Dominator

Controls conversations to stay powerful.

Do I take charge of conversations to feel superior?

The Victim

Over-identifies with hardship to feel seen.

Do I emphasise my struggles to receive attention or care?

The Flirt

Uses attention as a safety mechanism.

Do I use flirting as a way to feel safe in social settings?

The Tagalong

Joins in without revealing true preferences.

Do I go along with plans just to avoid being alone?

The Fake Listener

Appears present while mentally disconnected.

Do I pretend to listen while my mind is elsewhere?

Emotional Masks

The Always-Happy

Stays cheerful to hide sadness or fear.

Do I force a smile even when I feel deeply upset?

The Stoic

Shuts down feelings to appear strong.

Do I shut down my emotions to seem strong and unshakeable?

The Nurturer

Cares for others to avoid facing own needs.

Do I focus on others' needs to avoid facing my own?

The Empath Hero

Absorbs others' pain to avoid their own.

Do I absorb others' feelings so I don't have to confront mine?

The Motivated One

Projects positivity to suppress hopelessness.

Do I push positivity to mask underlying hopelessness?

The Resilient One

Downplays pain to avoid pity.

Do I downplay my pain to avoid appearing weak?

The Dramatic

Amplifies emotion to feel alive or seen.

Do I amplify my emotions to feel more alive?

The Logical One

Intellectualises everything to stay detached.

Do I over-intellectualise experiences to keep emotions at bay?

The Carefree

Avoids responsibility by faking indifference.

Do I act indifferent to hide my fears or insecurities?

The Romanticiser

Edits memories to avoid pain or regret.

Do I rewrite memories to avoid painful truths?

The Blamer

Externalises emotions to feel in control.

Do I point fingers at others to protect myself from criticism?

The Martyr

Suffers quietly to feel morally superior.

Do I endure hardship silently to feel morally superior?

The Quiet Resenter

Pretends all is well while stewing inside.

Do I hold grudges silently instead of expressing my feelings?

The Neutral

Plays emotionally flat to avoid being read.

Do I maintain a flat emotional tone to avoid vulnerability?

The Grateful One

Uses gratitude to bypass real anger or grief.

Do I use gratitude to bypass feeling anger or sadness?

Digital Masks

The Curated Perfectionist

Posts only idealised content to maintain image.

Do I post only perfect moments to avoid showing flaws?

The Thought Leader

Always has polished insights, never confusion.

Do I speak with certainty online to hide my doubts?

The Commenter

Engages constantly to feel involved or visible.

Do I comment on every post to feel connected?

The Scroller

Lurks silently, comparing without expressing.

Do I endlessly scroll instead of engaging because I fear judgement?

The Filtered Selfie

Edits every flaw to avoid rejection.

Do I edit every photo to avoid real reflections?

The Meme Mask

Shares humour to avoid personal vulnerability.

Do I share humour to steer attention away from my own issues?

The Vanisher

Disappears to escape social pressure.

Do I vanish online when things get overwhelming?

The Virtue Signaller

Uses posts to be seen as good or moral.

Do I post about causes to feel morally superior rather than act?

The Hot Take Artist

Shares strong views to feel significant.

Do I share strong opinions to feel significant?

The Hashtag Hero

Aligns with causes for validation, not action.

Do I align with trends online more for approval than belief?

The Influencer Vibe

Polishes life for likes, not truth.

Do I craft my life for likes instead of living it?

The Comment Ghost

Writes but deletes — always filtering.

Do I draft comments but delete them out of fear of saying the wrong thing?

The Online Confessor

Overshares online to avoid real intimacy.

Do I overshare online because real conversations feel too risky?

The Engagement Checker

Measures worth by views, likes or replies.

Do I measure my worth by likes and shares obsessively?

Family Masks

The Golden Child

Performs well to uphold family pride.

Do I strive for perfection at home to secure my family's approval?

The Black Sheep

Acts out to create distance or difference.

Do I rebel against family expectations even when I don't fully disagree?

The Caregiver

Steps into the helper role to feel useful.

Do I take charge of family issues to avoid my own problems?

The Parentified One

Became 'adult' too early to feel safe.

Did I grow up taking adult roles that make asking for help hard?

The Problem Solver

Fixes everyone else to avoid own issues.

Do I fix family issues so I don't have to confront my own pain?

The Quiet One

Shrinks to avoid family chaos or tension.

Do I stay silent at home to avoid family conflict?

The Pleaser

Sacrifices own needs for family peace.

Do I put family needs above mine, even at my expense?

The Comic Relief

Uses humour to deflect from dysfunction.

Do I use humour at home to mask discomfort or tension?

The Responsible One

Carries the burden of maturity.

Do I carry adult responsibilities in my family so I don't feel helpless?

The Rule Enforcer

Polices others to maintain control.

Do I impose rules to keep others in check and maintain stability?

The Escapist

Retreats mentally or physically from family.

Do I mentally or physically withdraw from family gatherings?

The Blamed One

Takes on guilt to keep others intact.

Do I accept blame for things out of my control to keep the peace?

The Emotional Translator

Manages others' feelings to avoid eruptions.

Do I manage others' feelings to avoid emotional outbursts?

The 'I'm Fine'

Says they're okay even when they're breaking.

Do I mask my pain with a simple 'I'm fine'?

Romantic Masks

The Cool Partner

Acts unbothered to avoid seeming needy.

Do I act unimpressed to avoid seeming needy in my relationship?

The Low Maintenance One

Suppresses needs to be 'easy to love'.

Do I suppress my needs to appear easy to love?

The Seducer

Leads with charm to avoid deeper connection.

Do I use attraction to avoid genuine vulnerability?

The Stoic Lover

Hides feelings to avoid being hurt.

Do I hide my feelings to keep from getting hurt?

The Clinger

Over-attaches to avoid abandonment.

Do I hold on too tightly for fear of abandonment?

The Performer

Acts like the ideal mate, not their real self.

Do I play the ideal partner role instead of being myself?

The Withdrawer

Pulls back when things get too intimate.

Do I retreat when things get emotionally intense?

The Saver

Tries to rescue or 'fix' their partner.

Do I try to rescue my partner to avoid facing my own issues?

The Controller

Uses rules or routines to feel secure.

Do I control situations to ease my inner anxiety?

The Mirror

Becomes who their partner wants.

Do I mimic my partner's preferences instead of expressing mine?

The Tester

Creates conflict to test love's depth.

Do I create conflicts to test the strength of our bond?

The Avoidant

Keeps love at arm's length.

Do I keep emotional distance so I don't have to be vulnerable?

The Over-Explainer

Tries to earn love through logic.

Do I justify my actions excessively to earn understanding?

The Romantic Idealist

Loves the fantasy more than the person.

Do I chase love's fantasy more than the real connection?

Self-Protective Masks

The Deflector

Redirects attention away from vulnerability.

Do I redirect attention away from myself when things get too personal?

The Fixer

Helps others to avoid helping themselves.

Do I solve others' issues to avoid facing my own vulnerabilities?

The Perfectionist

Believes flawlessness keeps them safe.

Do I insist on flawlessness to feel safe?

The Overthinker

Spins in thoughts to avoid feelings.

Do I stay in my head to avoid feeling uncomfortable emotions?

The Controller

Manipulates outcomes to soothe fear.

Do I control situations to ease my inner anxiety?

The Sarcastic One

Mocks truth to protect from depth.

Do I use sarcasm to shield myself from emotional depth?

The Lone Wolf

Avoids closeness to escape pain.

Do I keep to myself to avoid the risk of betrayal?

The Invisible One

Shrinks presence to avoid rejection.

Do I shrink my presence so people overlook me?

The Rescuer

Feels needed so they don't feel alone.

Do I make myself indispensable so I don't feel alone?

The Overplanner

Fills calendars to dodge stillness.

Do I plan everything meticulously to avoid uncertainty?

The Contrarian

Argues for distance and protection.

Do I argue viewpoints just to create distance?

The Cynic

Dismisses hope to avoid disappointment.

Do I dismiss hope to protect myself from disappointment?

The Intellectual

Uses knowledge to dodge emotional truth.

Do I lean on logic to dodge emotional truth?

The 'I'm Fine'

Says they're okay to keep others away.

Do I mask my pain with a simple 'I'm fine'?

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