Session 1

Identify and describe your facades.

Describe a situation where you found yourself behaving differently than you felt inside.
What was the façade you put on and why?

Session 1

How does this façade affect your life and relationships? What do you feel you're missing out on by maintaining this façade?

Session 1

What are the fears or beliefs that make you hold onto this façade? Are they serving you or holding you back?