



REFLECTIONS FOR THE RESCUE

CHAPTER 28: THE GREAT COVER-UP ACTION PLAN

RESPOND:

- Name a person and name a date. Be brave and hold yourself to your unmasking.

REFLECT:

Take a moment to think about what you may be hiding. What do you not want people to know? Why are you afraid to be know?

How is the cover-up working for you? What has happened in your head and in your heart as you hide guilt, shame, embarrassment, or self-consciousness?

What do you think it will look like for you to live in the light? Who will help you take off the mask? When?