

## Behind the Mask

Growing up different in a small country town meant having to hide who or what I really was, creating masks for protection, for security, for acceptance.

These masks became the norm of my everyday life, not wanting to stand out or be ridiculed for being different.

Creating these masks meant that I could fit in, I was accepted, I was perceived as being “normal”

As life continued, these masks became the norm, but if I stayed hidden behind these masks, was I normal?

We all wear masks, they protect us, they help us fit in, but they don't define us.