Masking Emotions Guards Space Zones


There are many situations when we feel the need to hide something about ourselves. Rush notes that in such cases we may be using a technique called "masking." This involves the creation of an emotional barrier that prevents others from seeing our true feelings.

Rush points out that masks can be used for various reasons, such as to protect oneself from embarrassment or to present a certain image to others. He notes that although masks can be useful in some situations, they can also be harmful if they prevent us from expressing our true emotions.

Rush suggests that the key to using masks effectively is to be aware of their limitations. He notes that masks can be used to create a false sense of security, but they cannot prevent the underlying problems that may be causing the emotional distress.

Rush recommends that we try to develop techniques for expressing our true emotions, even if it is difficult. He notes that by doing this, we can begin to build a stronger sense of self and a more meaningful connection with others.

Rush concludes that while masks can be useful in some situations, they should not be used as a permanent solution to emotional problems. Instead, he recommends that we work to develop a sense of self that is more authentic and more capable of expressing our true emotions.