

THE FIVE MASKS

You're tired in a way sleep doesn't fix. Often the mask is what's burning the energy. This check shows you which one you wear, where it costs you most, and one move to start putting it down this week.

Ten minutes. Pen and paper. Circle how true each mask is for you right now: 0 is not true, 4 is completely true. Your highest number is your mask.

THE ROCK

Everyone leans on you. Nobody asks how you actually are, and you can't remember the last time you gave a real answer.

0 1 2 3 4

THE PROVIDER

Your worth is what you carry: salary, house, bills. If you stopped being useful, you're not sure anyone would still want you around.

0 1 2 3 4

THE NICE GUY

You haven't said a real no in years. You agree in the meeting and resent it in the car. Quietly angry, and not sure why.

0 1 2 3 4

THE MACHINE

You just work. Feeling was never on the schedule. You sit in the car in your own driveway, getting your face ready before you go in.

0 1 2 3 4

THE CAPTAIN

Calm in every emergency. People respect you. But nobody actually knows you. Not your partner. Not your friends. Not even you.

0 1 2 3 4

My mask (highest number):

01 WHERE IT COSTS YOU MOST

Which room do you walk into and stop being real? Which person has only ever met the performance?

02 WHAT IT BURNS YOUR ENERGY ON

Keeping everyone comfortable? Staying useful? Never disagreeing? Always being fine? Write what yours is.

03 ONE PERSON. ONE TRUE SENTENCE.

First, stabilise. Don't blow up your marriage or quit your job tonight. The mask kept you safe once. It's just burning energy you need back. Then, within 72 hours, let one person see one true thing. Not a speech. One sentence.

For example: "I'm tired." · "I don't actually know." · "This week was hard." · "I needed you, and I didn't say it."

WHO

WHAT I WILL SAY

DAY AND TIME

DEBRIEF

AFTER YOU SAID IT

What happened when you said it? How did they respond?

Seven days later. Where did the mask feel lighter, and what is the next true sentence?

The moment one real person meets the man and stays, the mask has less work to do. The energy it was burning starts coming back.

You don't need the mask to be respected.

Next: Episode 05, Command.

If what you're carrying is heavier than tiredness, talk to a professional. This is coaching, not therapy.

ROBIN VAN SAMBEEK

Former A380 Captain

Become the Captain of Your Life

robinvansambeek.com