



@FEELWELLWITHARIELLE



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UNMASKED & UNFCKED

FOUNDATION EDITION



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If you're here, there's a good chance you're used to putting others before yourself, getting lost in external opinions or internal "shoulds", and losing a sense of who *you* are.

Hello Friend

This kind of misalignment, doing what looks "right" or self-protective, has trapped you in a loop over time. One where you keep showing up but never quite feel seen. One where loneliness, overthinking, and shame become familiar - and even comfortable.

Since shame is sneaky, you keep masking up.
Maybe you keep perfecting, pleasing, proving, chasing.
Maybe you retreat, deflect, downplay, or pretend not to care.

You keep disappearing into what you think is expected of you -
Or hiding the parts you've convinced yourself don't deserve to be known.

Whatever mask you're wearing is probably getting pretty heavy...
And it's time to take it off.

This PDF is a soft start to doing just that. Inside you'll find three evidence-based tools to help you navigate the initial discomfort of connecting to and choosing yourself with more ease.

Because the more you show up for and honor the real you, the better your relationships will be, too.

Let's get **Unmasked & Unfcked**.

Because life is too short to choose protection or palatability over peace.



DBT SKILL

Check the Facts

Masking often stems from anticipating judgment and automatically adjusting your behavior to avoid it - without checking if that's actually necessary.

This skill helps you slow down the reflex to mask by asking:

“What’s actually happening?”

“What story am I telling myself?”

“What might I be assuming?”

The Situation: You’re in a new group setting and find yourself nodding a lot, holding back thoughts even though you have things to share.

The Story/Masking Narrative: “If I speak up, and others don’t like what I say, I’ll be rejected. I can’t risk that.”

Check the Facts: “Did anyone here actually say or do something to reject me? Or am I assuming and fearful based on past experiences?”

Reframe: “There is no concrete evidence to support that my opinion or presence will be rejected here. I can test the waters with small moments of vulnerability and see what that experience feels like... Instead of assuming the worst.”



EXPOSURE SKILL

Planned Vulnerability

Planned vulnerability is a gentle way to retrain your nervous system and prove to yourself that you can be *real and safe* at the same time.

This practice invites you to intentionally show a small piece of your authentic self to someone, even if it feels risky or scary.

Ask yourself:

“What truth am I scared to let someone hear or see?”

“What am I afraid might happen if I share what’s on my mind?”

“What would make me feel safe enough to share despite being scared?”

The Situation: You know you’re going to catch up with a friend, and they will ask you how you’re doing. Normally, you’d say, “I’m good! How are you?” Even if you’re not. Because deflection keeps you safe from talking about yourself.

The Story/Masking Narrative: “I don’t want to burden them with my stuff. I’ll just keep it light and fun unless they have something they want to talk about!”

Planned Vulnerability Move: You will say, “Honestly, it’s been a bit rough the past few days. I don’t need to dive all the way into it, but I wanted to name it.”

Reframe: “My vulnerability matters just as much as my friend’s does.”
Vulnerability in small doses builds trust and chips away at the false belief you can only be accepted or liked when things are good or easy.



SOMATIC SKILL

Orientation + Boundaries

Masking often makes us lose track of where we end and others begin. We absorb their moods, anxieties, or expectations and adopt them as our own without even realizing it.

The somatic practice of orienting helps bring you back into your body, your space, and your separateness (in the healthiest way).

Orientating helps you remember:

“I have and can hold my own energetic and physical boundary.”

“I can be with someone without becoming them.”

“I don’t need to absorb to connect.”

The Situation: You walk into an event, and the first person to greet you seems cold and irritable. They don’t smile.

The Story/Masking Narrative: “I must’ve rubbed them the wrong way. Or maybe this event sucks, and I should just leave.”

Orienting with Boundaries: You’re going to pause. Feel your feet on the ground. Scan the room with your eyes, noting what’s around you. Place one hand on your chest, another on your belly. Take a deep breath. Notice the physical space between you and whatever/whoever is around you.

Reframe: “I’m safe to be with the discomfort I feel from this interaction. I can choose to detach from this energy as it’s not mine.”

Stay Connected

Join the Community

If this mini-guide resonated with you,
and you want to keep the unmasking going,
there's more where that came from!

When you sign up for the biweekly newsletter,
you'll stay in the loop on:

Support Groups

Seasonal Retreats

Merch Drops

Tools to keep *you connecting with you...*
& feeling well with Arielle.

Sign up here:

<https://therapywitharielle.com>

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Let's keep Unmasking & Unfcking - together!