

THE MASKING STRATEGY DIAGNOSTIC

A forensic map of the subconscious masks we wear—and the hidden cost of the safety they promise

A Signature 2-Part Tool for Self-Sovereignty:

I. The Archetypal Diagnostic

II. The Un-Blending Protocol

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Pattern Recognition & Internal Mapping

THE REALITY CHECK

You aren't just "tired." You are performing a survival role that has outlived its usefulness.

The Framework: We all have "Performing Parts"—sophisticated psychological roles and unconscious protective strategies we adopted to stay safe when we were vulnerable. This diagnostic is built upon a framework I developed for my upcoming anthology series, **The Unbearable Weight of Happily Ever After**©.

In this series, I imagined what happened to these iconic characters decades after their story's conclusion. I realized the myth these fairy tales contribute to—the impossible standard of a clean, static "Happily Ever After"—is actually a psychological prison. It keeps us trapped in a cycle of performance to avoid the pain of our original wounds.

We use these Archetypes not as stories, but as Psychic X-Rays. They represent the specific ways we "mask" our true needs to remain compliant, successful, or safe. These archetypes are the automated scripts we lean on in the most significant areas of our lives—our development, our work, and our relationships. They will continue to dictate our choices and limit our future possibilities until we choose to step out of character, confront the fear of the unknown, and fumble in the dark to find our own inner anchor—which allows for a truly value-aligned, full, and free life.

THE OWNERSHIP PORTAL

Identifying the mask is the diagnostic; Mastery Tracks provide the architecture to dismantle it. Stop performing the script and start owning your reality through the Forensic Audit, the Collaborative Lab, or the premier Individual Intensive. Reclaim your autonomy and bridge the gap between functional exhaustion and relaxed command at the portal below:

[CLICK HERE TO ENTER THE PORTAL](#)

How to Use This Tool

1. **The Reflex:** Select the answer that feels like a punch to the gut. Choose the response that mirrors your immediate, lizard-brain reflex, not who you "should" be.
2. **The Tally:** Each answer corresponds to a letter (A through G). Keep track of which letter you choose most often; this reveals your dominant archetype.
3. **The Un-masking:** Once you identify your automatic strategy, use the Un-blending Protocol at the end of this document to begin reclaiming your autonomy.

The Diagnostic

How to choose your answers:

Select the letter you are immediately drawn to. Do not over-think or negotiate with your logic. Trust your first instinct—it is the only way to bypass the mask and see the part that is actually driving your behavior.

The Quiz

1. When a high-stakes crisis hits your work or relationship, what is your reflex?

- A) I smooth it over. I smile, become hyper-competent, and ensure no one sees the mess. If I seem ok & capable, I feel like I can fix the problem.
- B) I scan the room. I shut down my own fear to manage everyone else's emotions. If they are calm, I am safe.
- C) I change my shape. I look at what the authority figures want and I contort my personality to fit that mold, even if I'm feeling hurt or mistreated.
- D) I distort the narrative. I turn the crisis into a catastrophic story where this is happening to me & struggle to give attention to my internal state.
- E) I retreat and check out mentally or chemically. If I am not fully there, I'm no longer so overwhelmed & scared.
- F) I take over. I resentfully do everyone else's job because they are incompetent, tallying their debt to me while I take on the load.
- G) I flee. I view the demand for a solution as an encroachment on my freedom, so I reject it entirely.

2. How do you relate to the concept of "Rest"?

- A) It is another to-do. I can only rest if the house is pristine and I feel I have done everything that's expected of me.
- B) It is impossible. I cannot relax if there is even a vibration of anxiety in the people around me.
- C) It feels dangerous. Stillness makes me feel "deficient," like I should be working harder to fit in.
- D) It is boring. I need high-intensity stimulation or drama to feel alive; silence feels frightening.
- E) It is oblivion. My version of rest is a knockout—sleeping for 14 hours or numbing out.
- F) It is a reward I deny myself. I work until I collapse & enduring struggle is my baseline.
- G) It is my default setting. I refuse to engage with the "grind" because I view schedules and demands as a trap.

3. What is your visceral response to stability and a "boring" Tuesday?

- A) Anxiety. I feel like I could be exposed as not good enough with any potential wrong move.
- B) Hyper-vigilance. Silence feels suspicious; I am waiting for the other shoe to drop so I can catch it.
- C) Fraudulence. I feel like an alien pretending to be human; the quiet exposes that I don't belong here.
- D) Agitation. I manufacture a crisis or drama because peace feels empty & lonely.
- E) Fog. I drift through the day in a state of suspended animation & I robotically & automatically go through the motions.
- F) Resentment. I look for a problem to fix or a mess someone else made so I can feel valuable again.
- G) Claustrophobia. Routine feels like a prison sentence; I feel the urge to bolt before I'm trapped there.

The Quiz - *Continued*

4. What physical sensation do you experience most often when you are "masking" at work?

- A) A frozen smile and feeling weighed down—an internal heaviness with an external charm.
- B) A pounding heart and "robotic movements"—doing the tasks while feeling empty inside.
- C) A feeling of "walking on shards"—a sharp, constant pain of fitting into a structure not built for you.
- D) A manic, spinning energy—the physical sensation of falling down a rabbit hole.
- E) Heavy, leaden limbs—a somatic "shut down" where moving feels like wading through sludge.
- F) A clenched jaw and a burdened back—the physical weight of feeling responsible for everyone else.
- G) A tightness in the chest—the panic of entrapment and the "fight or flight" twitch in the legs.

5. How do you handle criticism or feedback?

- A) I collapse. It shatters the illusion of perfection and I feel completely exposed.
- B) I fawn. I immediately apologize and over-correct to ensure the other person isn't mad at me.
- C) I internalize. I take it as confirmation that I am fundamentally defective and need to cut off more of myself to fit in.
- D) I deflect. I act chaotically because I feel so emotionally flooded & overwhelmed inside.
- E) I dissociate. I blank while noise stops as I continue to go through the motions though I'm not present & I struggle to listen even when I try.
- F) I get defensive. I list everything I have sacrificed for them and struggle to see their point of view.
- G) I rebel. I perceive feedback as an attempt to control me, so I reject the request entirely.

6. What is your secret "Savior Fantasy"?

- A) That if I am beautiful and good enough, I will feel loved & adored.
- B) That if I suffer enough alongside them, we will be bonded forever in safety.
- C) That if I change everything about myself, I will finally be granted a sense of belonging.
- D) That if I make the story big enough, I won't have to deal with the mundane reality.
- E) That someone or something will solve my pain while I stay asleep, asking nothing of me.
- F) That one day they will all realize they can't live without me and beg for my forgiveness.
- G) That I can stay youthful forever—full of potential but never having to face the "death" of choosing a definitive path.

7. How do you manage your finances and resources?

- A) I spend on the facade. The exterior must look perfect, even if the interior needs repair.
- B) I bleed resources. I give my time and money to help others, often leaving inadequate amounts for myself.
- C) I spend to assimilate. I buy the "costume" of the successful person I am trying to mimic.
- D) I spend chaotically. I purchase things to self-soothe or create a dopamine spike, avoiding the budget entirely.
- E) I ignore them. I don't look at bank accounts; I hope someone else handles the "adult" stuff.
- F) I control them. I hold the purse strings tightly because I don't trust anyone else to be responsible.
- G) I avoid commitment. I prefer the "gig economy" or instability because a steady salary feels like selling my soul.

The Quiz - *Continued*

8. What stops you from going after what you truly desire?

- A) I am terrified of the "messy middle." If it isn't perfect immediately, I don't want to do it.
- B) I have no energy left. I gave it all away to my partner/boss/friend by 10 AM.
- C) I feel like a fraud. I am waiting for permission to use my own voice.
- D) I get bored. I start a thousand projects but finish none because the "newness" wears off.
- E) I am too tired. The sharpness of ambition hurts, so I choose the comfort of the fog.
- F) I am too busy fixing others. I view my own desires as a luxury I can't afford yet.
- G) I fear the "Launch." Actualizing a dream means killing the infinite potential of "what if," and that feels like a death sentence.

9. What is the "Core Lie" you tell yourself to survive?

- A) "If I am compliant and perfect, I will be safe".
- B) "If I can keep them safe, I am safe".
- C) "If I become what they want, I will finally belong".
- D) "If I am the victim of a chaotic story, I am not responsible for the boring one."
- E) "If I stay small and quiet, the world can't hurt me."
- F) "If I am invaluable, they can never leave me."
- G) "If I never choose, I never have to grow up (and die)."

10. How do you relate to your own history/past?

- A) I rewrite it. I make excuses for past hurts to make it look like a fairy tale.
- B) I re-enact it. I find people who feel like my original trauma and try to "save" them this time.
- C) I amputate it. I cut off where I came from to fit into where I am going.
- D) I dramatize it. I turn my history into a tragedy where I had no agency.
- E) I forget it. I have large gaps in my memory because I wasn't really "there."
- F) I resent it. I use my past suffering as proof of how strong/sacrificial I am.
- G) I reject it. I refuse to look back because I am obsessed with the "perpetual potential" of the future.

THE ARCHETYPES (Results)

Mostly A's: The Gilded Perfectionist (Snow White)



- **The Diagnosis:** You are trapped in Denial. Like *Snow White*, you have learned that "performance is protection." You maintain a "Gilded Cage" of high-functioning perfection to manage the volatility of those around you, freezing in a state of beautiful paralysis to avoid the "messy truth".
- **The Cost:** You are "wasting away" inside a life that looks perfect on paper; your "Good Soldier" is a doll who is not allowed to move or sweat.
- **The Creative Anchor Solution:** We move you from Fawning to Sovereignty, shattering the mirror of external validation so you can reclaim the "wild self" you exiled to the woods.

Mostly B's: The Trauma Bond (Hansel & Gretel)



- **The Diagnosis:** You are trapped in Co-dependency. Like *Hansel & Gretel*, you confuse high-intensity survival with intimacy. You operate in "Robot Mode," shutting down your own instincts to hyper-attune to the emotions of others, believing that "if they are safe, I am safe".
- **The Cost:** You are stuck in the "Survival Pit." You suffer from "Care as Capture," utilizing the intensity of someone else's crisis to fill the empty space left by a lack of self-identity.
- **The Creative Anchor Solution:** We dismantle the Psychological Perimeter, teaching you to decouple your safety from another person's instability.

THE ARCHETYPES (Results) - Continued

Mostly C's: The Contortionist (The Little Mermaid)

- **The Diagnosis:** You are trapped in Perceived Deficiency. Like the *Little Mermaid*, you perform "emotional contortion"—mutilating your fluid, creative self to fit into society's rigid dominant standards.
- **The Cost:** The Body Horror of assimilation; every step you take toward your future feels like glass shards because you have sacrificed your voice for legs.
- **The Creative Anchor Solution:** We focus on Integration, stopping you from cutting pieces of yourself off to fit the grid so you can build a life that accommodates your true scale.



Mostly D's: The Fragmented Wanderer (Alice)

- **The Diagnosis:** You are trapped in an Addiction to Chaos. Like *Alice*, you refuse to accept the mundane laws of adulthood. You manufacture "Wonderlands" of drama and crisis to avoid the crushing boredom of taking responsibility for your own life.
- **The Cost:** You view yourself as a perpetual victim of circumstances you actively set on fire, living in a consistent state of instability & turmoil because you fear the silence of peace.
- **The Creative Anchor Solution:** We work on Grounded Accountability, helping you stop chasing the rabbit so you can build a reality that doesn't require constant movement to endure.

THE ARCHETYPES (Results)- Continued

Mostly E's: The Escape Artist (Sleeping Beauty)



- **The Diagnosis:** You are trapped in The Chemical Slumber. You are terrified by the demands of consciousness. You use numbing agents—pharmaceuticals, scrolling, excessive sleeping, or withdrawal—to avoid the "sharp edges" of adult reality.
- **The Cost:** You live in a cage of sedation. Your passivity is not safety; it is a coma that keeps you from inhabiting your own life.
- **The Creative Anchor Solution:** We break the Avoidance Loop, teaching you that waking up is not a threat, but the only way to reclaim the agency you sacrificed for sleep.

Mostly F's: The Burden Bearer (Cinderella)

- **The Diagnosis:** You are trapped in Weaponized Martyrdom. Like *Cinderella*, you have internalized your servitude. You resent those around you for their passivity, yet you systematically castrate their agency because you require their dependence to feel valuable.
- **The Cost:** You are the "Perfect Employee" stripped of dignity, burning out because you are addicted to the tyranny of your own workaholicism.
- **The Creative Anchor Solution:** We focus on De-escalation, helping you stop over-functioning so you can allow others the dignity of their own consequences.



THE ARCHETYPES (Results)- Continued

Mostly G's: The Eternal Heir (Peter Pan)



- **The Diagnosis:** You are trapped in Fragile Masculinity. Like *Peter*, you equate "growing up" with death. You are emotionally impotent, lashing out when the people in your life outgrow your demand for perpetual adolescence.
- **The Cost:** You are the "Boy King" of a lonely kingdom, trading true intimacy for a fantasy of eternal potential that leaves you incapable of connection.
- **The Creative Anchor Solution:** We facilitate The Launch, helping you confront the exiled wound that keeps you stunted so you can see maturity as a birthright, not a death sentence.

THE UN-BLENDING PROTOCOL

You cannot drive the car to your next destination if you are fighting for the wheel. This forensic protocol helps you step out of the protective role to allow for conscious & intentional choice.

Step 1: The Forensic Label (Identification)

Stop and say aloud: "I am not failing. I am currently blended with a part of me that feels [Anxious/Ashamed/Urgent]."

- The Logic: You are not the mask. You are the one observing the mask. By naming it, you separate your essential self from the survival reflex.

Step 2: The Compassionate Inquiry (Allowance)

Turn toward the physical sensation in your body and ask: "What are you afraid would happen right now if you weren't doing this to me?"

- The Logic: This is Witnessing. Your mask isn't trying to hurt you; it is trying to save you from a danger that no longer exists (the "oven" or the "woods"). We must validate its intent before we can change its job.

Step 3: The Safe-to-Be-Here Affirmation (Acceptance)

Breathe deeply and tell the part: "I hear you. I see what you're worried about. You have permission to be here, but you don't have permission to drive the car right now."

- The Logic: This places the survival strategy in the Passenger Seat. It is allowed to exist, but it is no longer allowed to steer your career or relationships.

YOU HAVE IDENTIFIED THE MASK. ARE YOU READY TO STEP OUT OF CHARACTER?

Standard self-help often tells you to "manage your time" or "think positive." That only polishes the bars of the cage. If you are tired of performing for a false illusion of safety that has outlived its usefulness, it is time to build a new architecture.

I provide a directive, strategic alternative for those who "try effortlessly" but remain stuck in survival mode. My focus is on Empowerment and Autonomy rather than clinical dependence.

STEP 1: THE FORENSIC AUDIT & TOOLKIT BUILD

A Two-Part Strategic Intervention Identify the internal architecture of your mask and walk away with a custom-built engine to manage it.

- The Build: A personalized Autonomy Handbook and a Multi-Agent Toolkit (AI or Analog) integrated with the philosophies that already resonate with you.
- The Handover: A 60-minute session where I teach you how to use these tools to disrupt your survival loops in real-time.

BOOK THE AUDIT & BUILD

STEP 2: THE INTENSIVE (THE CREATIVE ANCHOR)

A 12-Week Coached Transformation: The Audit provides the tools; the Intensive ensures you use them to change your life. A structured transfer of power designed to help you persevere through unconscious backlash and build an unshakable inner foundation.

- Individual Mastery: 12 weeks of private, directive focus.
- The Collaborative Lab: A 12-week peer-supported track (Max 6 participants).

APPLY FOR THE INTENSIVE

THE STRATEGIC LABORATORY (1:1 SESSIONS)

Not ready for a full build or curriculum? If you need immediate clarity on a specific acute obstacle, book a 60-minute Strategy Session. These are high-impact interventions designed to identify your current script and provide an immediate anchor for your next move.

BOOK A STRATEGY SESSION

THE ARCHIVE & DISPATCHES

- ***Buy Psychological Toolkits (Etsy) - Shop the Archive***
 - *Forensic tools to help you disrupt exhausting cycles and discover your inner foundation.*
- ***The Forensic Ledger (Substack) - Read the Dispatches***
 - *In-depth analysis of the scripts we inherit and the architecture we build to escape them.*

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