



MINI TEST WHICH MASK DO YOU WEAR MOST?

A first mirror to recognize
patterns, motivations, and paths
of restoration in Christ



“LORD, You search me and know me.”

Psalm 139:1

BEYOND THE MASKS • A Journey of Transformation

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Mini Test — Which Mask Do You Wear Most?

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Liberate • Disciple • Educate • Restore • Serve

◆ A pastoral word before you begin

Perhaps you came to this mini test because you noticed a distance between what you show on the outside and what happens on the inside. Sometimes that distance appears as weariness, comparison, control, fear, the need to please, emotional escape, isolation, or difficulty receiving grace.

The Bible begins the path of self-knowledge in a safe place: God already knows us. The psalmist does not say, “Lord, I hope that one day You will know me,” but, “You search me and know me.” This means that you do not need to uncover your masks in order to deserve love. You can look at the truth because grace has already found you.

Masks are not always born out of rebellion. Many times they are responses the soul learned in order to survive criticism, rejection, abandonment, failure, intrusion, conflict, or pain. The problem begins when what once seemed protective starts to govern our choices, relationships, and even the way we approach God.

This mini test is only a first mirror. It is not meant to define who you are. Your identity does not fit inside a score. The goal is to notice patterns with humility and ask: “What am I trying to protect? What am I afraid of? How does Christ desire to redeem this part of my story?” Read, mark, and pray without trying to produce a polished image. God works with real people, not with edited versions of ourselves.

Important

This material is not a definitive psychological, clinical, or spiritual diagnosis. Use it as a tool for reflection, prayer, and conversation. If you are experiencing intense suffering, self-harm, thoughts of death, abuse, violence, or any situation of risk, seek immediate help from a safe adult, a health professional, or an emergency service.

◆ How to answer

Read each statement honestly. Do not answer as you wish you were, nor as you think a Christian should answer. Answer by thinking about what happens most often when you are under pressure, tired, insecure, wounded, or trying to protect yourself.

Response scale

- 0 = Never or almost never
- 1 = Sometimes
- 2 = Frequently
- 3 = Very frequently

◆ Before the test: a simple prayer

Lord, show me the truth with love. Help me see my patterns without despair and my wounds without shame. May this small test not trap me in a label, but open a door to walk closer to You. In Jesus' name, amen.

Honesty is not condemnation. It is the beginning of a truer walk before God.

Do not answer as you want to appear. Answer calmly, remembering how you usually react when you are tired, insecure, wounded, or under pressure.

◆ Mini Test: Which mask do you wear most?

Mark one answer from 0 to 3 for each statement. Keep that score: it will be used in the final calculation. After the 36 questions, you will see which question numbers belong to each profile and you will add only the scores you marked for those questions.

#	Statement	0	1	2	3
1	I find it difficult to rest when there is still something imperfect to fix.	☐	☐	☐	☐
2	I usually notice quickly what others need, but I have difficulty recognizing what I need.	☐	☐	☐	☐
3	I am afraid of appearing like a failure, ordinary, or without visible results.	☐	☐	☐	☐
4	Sometimes I feel that no one understands the depth of what happens inside me.	☐	☐	☐	☐
5	When I am overwhelmed, my tendency is to withdraw and try to solve everything by myself.	☐	☐	☐	☐
6	My mind tends to anticipate dangers, negative possibilities, or scenarios that may never even happen.	☐	☐	☐	☐
7	I have difficulty staying with uncomfortable emotions without seeking a quick distraction.	☐	☐	☐	☐
8	I prefer to appear strong rather than allow someone to see my vulnerability.	☐	☐	☐	☐
9	To avoid conflict, I often fail to say what I really think, feel, or want.	☐	☐	☐	☐
10	I become restless when I notice errors, disorder, injustice, or irresponsibility around me.	☐	☐	☐	☐
11	I feel that my worth increases when I am needed, useful, or indispensable to someone.	☐	☐	☐	☐
12	I may adapt my image in order to be admired, approved of, or recognized.	☐	☐	☐	☐

◆ Mini Test - continuation (13 to 24)

#	Statement	0	1	2	3
13	I tend to compare my inner life with the more stable appearance of others.	☐	☐	☐	☐
14	Sometimes I use knowledge, silence, or distance as protection against emotional demands.	☐	☐	☐	☐
15	I seek guarantees, signs, confirmations, or opinions before feeling secure enough to decide.	☐	☐	☐	☐
16	When life becomes heavy, I look for something new, fun, or stimulating so I do not feel as much.	☐	☐	☐	☐
17	I have difficulty trusting when I feel that someone may control, manipulate, or hurt me.	☐	☐	☐	☐
18	I may appear calm on the outside even when inside I am disconnected or avoiding a decision.	☐	☐	☐	☐
19	My conscience can turn small mistakes into heavy accusations against me.	☐	☐	☐	☐
20	I say yes when I would like to say no, because I fear disappointing people or losing their affection.	☐	☐	☐	☐
21	Sometimes I confuse who I am with what I produce, achieve, or appear to be.	☐	☐	☐	☐
22	I may cling to the feeling that something is missing in me or in my story.	☐	☐	☐	☐
23	I feel that I need to protect my energy, time, emotions, or information so I will not be invaded.	☐	☐	☐	☐
24	When I am anxious, I may get stuck between distrusting others too much and depending on them too much.	☐	☐	☐	☐

◆ Mini Test - continuation (25 to 36)

#	Statement	0	1	2	3
25	I find it easy to energize the environment, but difficult to face pain, boredom, or limits.	☐	☐	☐	☐
26	When I feel threatened, I may react with intensity, harshness, or the need for control.	☐	☐	☐	☐
27	I postpone difficult conversations because I fear losing peace, causing tension, or frustrating someone.	☐	☐	☐	☐
28	Sometimes I believe I need to be right in order to be accepted, respected, or loved.	☐	☐	☐	☐
29	When I am not recognized, I may feel sadness, resentment, or a sense of rejection.	☐	☐	☐	☐
30	I feel pressure to show an efficient, confident, and successful version of myself.	☐	☐	☐	☐
31	I may interpret my pain as proof that I am different, misunderstood, or difficult to love.	☐	☐	☐	☐
32	When someone demands too much from me, I feel like shutting the inner door and disappearing.	☐	☐	☐	☐
33	I find it difficult to rest when I cannot predict what is going to happen.	☐	☐	☐	☐
34	I may use cheerfulness, plans, or constant movement so I do not have to face what needs to be dealt with.	☐	☐	☐	☐
35	The idea of depending on others, asking for help, or admitting fear can seem dangerous to me.	☐	☐	☐	☐
36	Sometimes I forget myself while trying to keep everything peaceful around me.	☐	☐	☐	☐

◆ How to calculate your result

The calculation becomes simple when you separate two things: the question number and the score you marked. The numbers 1, 10, 19, and 28, for example, are only the question numbers. You do NOT add those numbers. You go back to those questions, copy the scores from 0 to 3 that you marked, and add only those four scores.

STEP BY STEP — DO IT LIKE THIS

1. Finish the 36 questions and leave one score of 0, 1, 2, or 3 marked for each one.
2. In the table below, choose a profile and look at the four corresponding question numbers.
3. Go back to those four questions and copy the scores YOU marked — not the question numbers.
4. Add the four scores. Each profile's result ranges from 0 to 12 points.
5. Compare the totals. The two or three highest scores show the masks that appear most in this introductory version.

Profile / mask	Corresponding questions	Copy and add your scores	Result
Mask of Perfection Type 1 - The Perfectionist	1, 10, 19, 28	☐ + ☐ + ☐ + ☐	____/12
Mask of Help Type 2 - The Helper	2, 11, 20, 29	☐ + ☐ + ☐ + ☐	____/12
Mask of Performance Type 3 - The Achiever	3, 12, 21, 30	☐ + ☐ + ☐ + ☐	____/12
Mask of Wounded Uniqueness Type 4 - The Individualist	4, 13, 22, 31	☐ + ☐ + ☐ + ☐	____/12
Mask of Self-Sufficiency Type 5 - The Investigator	5, 14, 23, 32	☐ + ☐ + ☐ + ☐	____/12
Mask of Security Type 6 - The Loyalist	6, 15, 24, 33	☐ + ☐ + ☐ + ☐	____/12
Mask of Escaping Joy Type 7 - The Enthusiast	7, 16, 25, 34	☐ + ☐ + ☐ + ☐	____/12
Mask of Strength Type 8 - The Challenger	8, 17, 26, 35	☐ + ☐ + ☐ + ☐	____/12
Mask of Apparent Peace Type 9 - The Peacemaker	9, 18, 27, 36	☐ + ☐ + ☐ + ☐	____/12

WORKED EXAMPLE

Imagine Type 6 - The Loyalist. The questions are 6, 15, 24, and 33. If you marked 2 on question 6, 3 on question 15, 1 on question 24, and 2 on question 33, do this: $2 + 3 + 1 + 2 = 8$. Therefore, Type 6 totals 8/12. You do not add $6 + 15 + 24 + 33$.

How to interpret the total

0 to 3 points — LOW: this pattern appeared very little in the four questions of this mini test.

4 to 7 points — MODERATE: this pattern appears in some situations of pressure, insecurity, or protection.

8 to 12 points — STRONG: this pattern appeared quite strongly and deserves to be observed with prayer and attention.

Important: “strong” does not mean this is definitely your personality type. This is an introductory mini test, with only four questions per profile. It points to tendencies and invites you to deepen your discovery in the full Beyond the Masks test.

If there is a tie or results are very close

This is normal. Write down your two or three highest scores. Real people are complex, and different masks may appear in different contexts. The full test helps distinguish the most central pattern, secondary patterns, and the zones in which you are living today.

Position	Profile / mask	Total
1st highest	_____	_____ / 12
2nd highest	_____	_____ / 12
3rd highest	_____	_____ / 12

◆ Your possible results

First observe the two or three highest scores. They do not define who you are; they only indicate which protective strategies appeared most strongly. Use them for prayer and self-knowledge, never as a diagnosis or identity.

◆ Mask of Perfection

Type 1 - The Perfectionist

When the desire to do what is right turns into a burden, the soul begins to believe it must be flawless in order to be loved. This mask tries to protect you from criticism, but it can pull you away from the rest of grace.

Truth to carry with you

Christ is my righteousness. I can pursue holiness as a beloved child, not as a defendant trying to prove innocence.

First step of restoration

Practice confessing one specific failure without turning that failure into your identity. Then repeat: "Christ is my righteousness."

◆ Mask of Help

Type 2 - The Helper

When loving others becomes mixed with the need to be needed, a person may smile on the outside while carrying weariness and resentment inside. This mask tries to gain love through serving, but it can hide legitimate needs.

Truth to carry with you

I am loved before I am useful. I can serve out of love, not to secure belonging.

First step of restoration

Name one legitimate need before God and share it with a safe person without trying to compensate by serving more.

◆ Mask of Performance

Type 3 - The Achiever

When worth seems to depend on results, image, and recognition, the soul learns to perform. This mask tries to protect you from failure, but it can pull you away from the simple truth of being known by God.

Truth to carry with you

My value is not born from my performance. In Christ, I can be truthful before I am admired.

First step of restoration

Do something true that does not improve your image, but strengthens your integrity before God.

◆ Mask of Wounded Uniqueness

Type 4 - The Individualist

When pain becomes identity, a person may believe he or she is too misunderstood to be reached. This mask tries to preserve depth and meaning, but it can trap the heart in comparison and melancholy.

Truth to carry with you

My story is real, but it is not greater than grace. In Christ, I am known, loved, and restored.

First step of restoration

Give thanks for one concrete grace in your life today, even if unresolved pain still remains.

◆ Mask of Self-Sufficiency

Type 5 - The Investigator

When security seems to depend on keeping distance, knowing more, and needing less, the soul may hide behind observation. This mask tries to protect you from intrusion, but it can draw you away from presence and surrender.

Truth to carry with you

God is my sufficiency. I can participate in life without losing my soul.

First step of restoration

Take a small step of presence: talk, participate, ask for help, or share something real without waiting until everything is organized.

◆ Mask of Security

Type 6 - The Loyalist

When fear tries to rule, the mind seeks guarantees, scenarios, and control. This mask tries to protect you from danger, but it can keep you from resting in God's faithfulness.

Truth to carry with you

The Lord is my refuge. I can act wisely without living enslaved to anxiety.

First step of restoration

Surrender to God one scenario you cannot control and make the next faithful choice, not the perfect choice.

◆ Mask of Escaping Joy

Type 7 - The Enthusiast

When pain seems unbearable, the soul seeks movement, novelty, and distraction. This mask tries to protect you from suffering, but it can prevent depth, repentance, and true rest.

Truth to carry with you

The joy of Christ is deeper than escape. I can remain, feel, and be healed.

First step of restoration

Remain for a few minutes with a difficult emotion without immediately fleeing. Breathe, pray, and ask: "What is this pain trying to reveal?"

◆ Mask of Strength

Type 8 - The Challenger

When vulnerability feels like danger, a person learns to occupy space, control, and resist. This mask tries to protect you from being hurt, but it can hurt others and isolate your own heart.

Truth to carry with you

Christ is my defense. I can be strong with gentleness and vulnerable without losing dignity.

First step of restoration

Allow a trustworthy person to see one small vulnerability. Redeemed strength does not need to hide every weakness.

◆ Mask of Apparent Peace

Type 9 - The Peacemaker

When keeping the peace seems more important than living the truth, the soul learns to disappear. This mask tries to avoid conflict, but it can erase your voice, your desires, and your mission.

Truth to carry with you

My presence matters. In Christ, I can seek peace without abandoning the truth.

First step of restoration

Say one small truth you have been avoiding. True peace is not born from disappearing, but from presence with love.

◆ 7-day mission: leaving autopilot behind

For one week, observe when your mask appears. The goal is not to overcome perfectly, but to notice more clearly. What is noticed before God can begin to be transformed by grace.

Day 1 - Name the mask

Write down which mask had the highest score and in what situations it usually appears.

My note: _____

Day 2 - Observe the trigger

When the mask appears, ask: "What was I trying to protect?"

My note: _____

Day 3 - Speak with God without a mask

Pray without polished language. Speak the truth about fear, control, comparison, weariness, or escape.

My note: _____

Day 4 - Practice a different response

Choose one small action contrary to the pattern: rest, ask for help, say no, remain, speak the truth, or let go of control.

My note: _____

Day 5 - Talk with a safe person

Share one discovery with a mature person. You do not need to tell everything; just take one step toward the light.

My note: _____

Day 6 - Receive a biblical truth

Choose one verse that confronts the lie of your mask and repeat it throughout the day.

My note: _____

Day 7 - Decide the next step

Pray and ask: "Lord, what journey do I need to begin now?"

My note: _____

Which mask appeared most strongly this week?

What was it trying to protect?

What truth of Christ do I want to practice as my next step?

My prayer at the end of this week:

◆ You are not your mask

Perhaps this mini test has revealed a defense, a fear, or a reaction that you recognize in yourself. But the central message of Beyond the Masks is not: “discover your problem.” It is much greater: discover what Christ desires to redeem, heal, and mature in you.

Your personality does not need to be erased for you to resemble Jesus. In Christ, gifts that have been hijacked by fear can return to their purpose. Strength can learn gentleness. Sensitivity can become compassion. Prudence can walk with faith. Joy can gain depth. The pursuit of excellence can breathe grace. A redeemed personality is not a personality without characteristics; it is a life in which Christ occupies the center and gifts stop serving self-protection and begin serving love.

◆ Personality redeemed in Christ: the potential that can blossom

The goal is not to turn everyone into the same kind of person. It is to allow each trait to be purified by grace, governed by the Spirit, and placed in the service of God and people. Here are some examples of the potential that can emerge when the mask loses control:

Profile	When surrendered to Christ, the potential can blossom as...
Type 1 — Perfectionist	Integrity, discernment, excellence, and a sense of justice tempered by grace and mercy.
Type 2 — Helper	Compassion, hospitality, and generous care, without losing boundaries, identity, and the freedom to receive as well.
Type 3 — Achiever	Diligence, leadership, and the ability to accomplish and inspire, without needing to prove worth through performance or image.
Type 4 — Individualist	Sensitivity, creativity, authenticity, and empathy to give voice to pain and reveal beauty, without making the wound an identity.
Type 5 — Investigator	Wisdom, depth, analysis, teaching, and discernment joined to presence, participation, and relationship.
Type 6 — Loyalist	Faithfulness, prudence, commitment, and protection strengthened by courage and trust in God's faithfulness.
Type 7 — Enthusiast	Joy, hope, creativity, vision, and the ability to mobilize, accompanied by depth and perseverance.
Type 8 — Challenger	Courage, leadership, protection, and a sense of justice transformed by gentleness, listening, and healthy vulnerability.
Type 9 — Peacemaker	Listening, reconciliation, inclusion, and patience, now accompanied by voice, initiative, boundaries, and a sense of mission.

◆ What the full test offers

Resource	How it helps you
Personal result	An organized report showing which patterns appear most strongly in your story, including primary tendencies and areas that need attention.
Zones of the Soul	A map to help you notice whether you are walking in a healthier zone, an alert zone, or patterns more bound to the flesh, fear, defensiveness, and self-protection.
Action Buttons	Practical, biblical, and spiritual practices for real moments: when criticism rises, when fear dominates, when escape appears, when comparison weighs heavily, or when grace feels difficult to receive.
30-Day Plan	A simple and progressive path to turn self-knowledge into practice, with daily steps of prayer, reflection, surrender, relationships, and obedience by grace.
Personality Manual	A clear overview of the 9 personalities, their motivations, virtues, wounds, temptations, gifts, and paths of restoration in Christ.
Individual Workbook	A specific workbook for each personality, with deep reflections, activities, zones of the soul, action buttons, exercises, and a final prayer.
Redeemed Potential	Helps you see not only wounds and risks, but also gifts, virtues, and possibilities for service that can blossom when your personality is surrendered to Christ.

◆ The 9 paths: from mask to potential

- Type 1 - The Perfectionist: from rigidity and self-demand to excellence guided by grace.
- Type 2 - The Helper: from the need to be needed to a love that is free, generous, and has healthy boundaries.
- Type 3 - The Achiever: from performance to a life of purpose, diligence, and identity in Christ.
- Type 4 - The Individualist: from an identity bound to pain to creativity, truth, and redeemed compassion.
- Type 5 - The Investigator: from isolation to deep wisdom placed in relationship and service.
- Type 6 - The Loyalist: from anxiety and the search for guarantees to faithfulness, courage, and trust in God.
- Type 7 - The Enthusiast: from escape to a joy that is deep, creative, and persevering.
- Type 8 - The Challenger: from control to courage, protection, and justice marked by gentleness.
- Type 9 - The Peacemaker: from self-erasure to reconciliation with presence, voice, and purpose.

DO NOT STOP AT THE MINI TEST — TAKE THE FULL JOURNEY

If any answer stirred something in you, this is the moment to go deeper. The mini test shows clues; the full Beyond the Masks test organizes those clues and helps you understand your main pattern, possible secondary patterns, your Zones of the Soul, gifts, wounds, triggers, and paths of growth.

You will not take the test in order to receive a label. You will take it to discover where grace desires to work — and also how much potential may exist in a personality surrendered to Christ.

Next step: visit freeangelsinternational.org, take the Beyond the Masks test, read the report prayerfully, and then choose the workbook corresponding to your main profile. Transformation does not end in self-knowledge; it begins when what you discovered is laid at the feet of Jesus.

◆ Contact and access

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◆ Conclusion — the mask is not the destination

Perhaps you recognized something uncomfortable. Perhaps you also noticed gifts that had been hidden behind fear, the need for approval, control, escape, or silence. Do not end this reading by looking only at the mask. Look to Christ. He does not reveal the truth to humiliate you, but to call you into freedom. Grace does not erase your story; it redeems it. And what today functions as defense can, when surrendered to Jesus, become maturity, service, courage, compassion, wisdom, faithfulness, joy, leadership, or true peace.

DECLARATION TO CARRY WITH YOU

I am not my mask.

My personality is not a prison; in Christ, it can be redeemed.

My gifts can mature, my wounds can be treated, and my patterns can be transformed.

I want to know the truth about myself so that I may grow to the measure of Christ and serve with what He has placed within me.



BEYOND THE MASKS

A Journey of Transformation



Personality Test

✦ Self-discovery, truth, and growth in Christ ✦



What you receive:

-  A detailed personalized report
-  A general personality guide
-  The workbook for your profile
-  Practical biblical guidance



Why it matters:

-  Understand your motivations, strengths, and weaknesses.
-  Recognize emotional patterns and areas of restoration.
-  Strengthen relationships and decision-making.
-  Grow in truth, balance, and freedom in Christ.



Take the full test



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MIRRORS — OF THE — BIBLE PORTRAITS OF GRACE

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- ✦ Unites self-knowledge and biblical truth
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BEFORE GOD WRITES GREAT STORIES,
HE TRANSFORMS ORDINARY PEOPLE.

DISCOVER HOW THE GRACE OF GOD
CAN ILLUMINATE THE STORY OF BIBLICAL
CHARACTERS — AND YOURS AS WELL.



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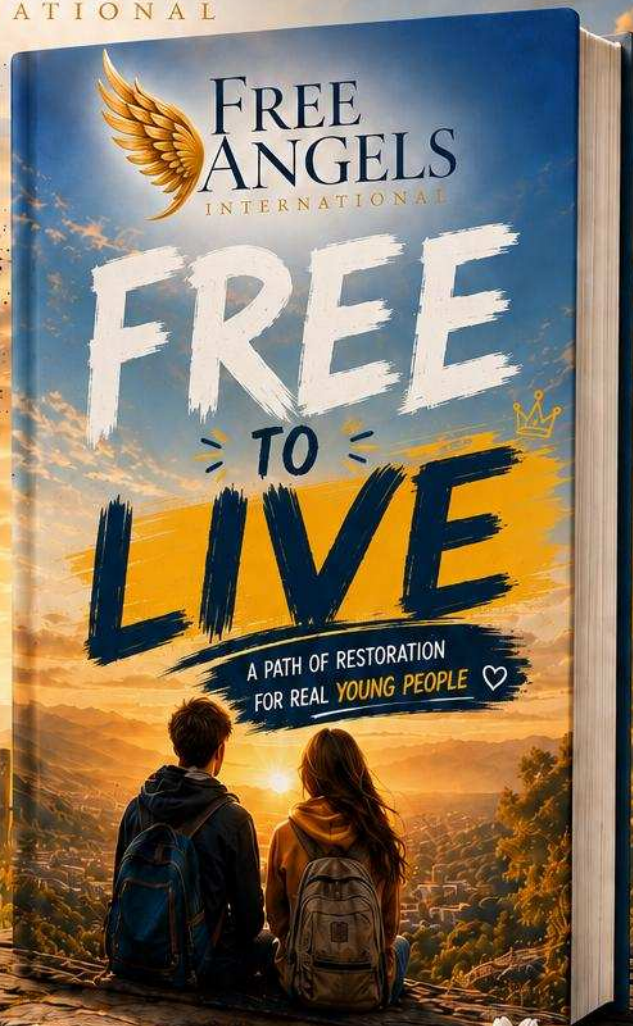
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