

# JOURNALING PROMPTS FOR MULTILINGUAL MASKERS

*finding the wisdom of the in-between*  
THE LIMINAL COMPASS

## What are Prompts for Artistic Expression?

I'd like to invite anyone who's exploring the spaces between who they are, to consider some of these artistic expression prompts below. I don't call them writing prompts because they're not. They are a jumping off point to feeling. Because ultimately, we're humans, in these bodies, and we've been put here to feel. This is your invitation to feel today. To be human, if only just for a moment.

- **Spark Creativity:** Overcome creative blocks and discover new ideas.
- **Deepen Self-Awareness:** Get to know your authentic self beneath the day to day noise.
- **Embodied Practice :** Establish a consistent creative outlet, one that moves stuck emotion.
- **Create Connection:** Channel your emotions into a creative practice that can be witnessed.

## Understanding the Masks

I'd like to invite anyone who speaks multiple languages as a neurodiverse or neurotypical person, to consider some of these artistic expression prompts below. Look beneath the performative persona you play, look deep within. These are not writing prompts – they are a jumping off point to feeling. Because ultimately, we're humans, in these bodies, and we've been put here to feel. This is your invitation to feel today. To be human, if only just for a moment.

1. What face do I put on when my language changes? How much does that face resemble who I truly am?
2. Who do I want to be when I speak the language of my family or homeland? And/or: Who do I become when I speak the language in my current home?
3. What parts of me do I hide in each language?
4. Of all my selves, what parts are the same across languages?
5. Who might I become when I stop performing?

## Next Steps

Gently explore the space between who you are and who you communicate to the world. Give it space to express itself even after this is over. Are there any more realizations that come? Is there a pattern you've noticed that you want to break? If you're ready to go deeper, [get in touch](#). Let's explore the wisdom of the in-between together.