



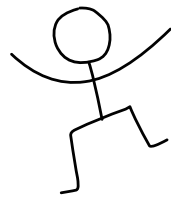
## 01. Understanding masking.

Masking refers to the ways people hide or change parts of themselves to fit in or avoid negative reactions.

It can be exhausting and lead to stress or burnout, even when the person appears to be coping well.



02.



## Compensation.

Using strategies to hide natural social or communication differences.

For example, copying others' body language or rehearsing what to say to fit in.

03.



## Classic Masking.

Suppressing natural behaviours or feelings to fit in.

For example, forcing oneself to make eye contact, smiling when sad, or hiding stims.

## Assimilation.

Trying to blend in socially by following group expectations or mimicking peers.

For example, laughing when you don't find something funny.

04.

