



01. Masking means hiding your true self to fit in.

Many neurodivergent folk learn to copy or suppress parts of who they are to appear “normal” or to avoid judgment.



02.



It can start early and become automatic.

It's not always a deliberate choice. Many children learn to mask without realising it, especially if they're praised for “good behaviour” when they hide signs of distress or difference.

03.



It is exhausting and can harm mental health.

Over time, it can make it harder to recognise who you are and what you need.

Feeling safe reduces the need to mask.

When neurodivergent folk feel accepted for who they are, they can lower their mask and thrive.

04.

