

# Understanding My Masking Experiences



This worksheet is a gentle space to explore your masking experiences. There are no right or wrong answers. Use what feels helpful, skip what doesn't, and go at your own pace. The goal is greater self-understanding and self-compassion.

## 1 Situations Where I Mask Most

Where do you notice yourself masking most often? (You can tick more than one.)

- School / Education
- Work
- Family gatherings
- Public places (shops, transport, etc.)
- Healthcare appointments
- Social events / Parties
- Friendships / Social groups
- Online / Virtual spaces
- Other: \_\_\_\_\_



## 2 Things I Might Do When Masking

These are common masking behaviours. Tick the ones you relate to, or add your own.

- Forcing eye contact
- Rehearsing conversations
- Watching and copying others
- Hiding how I feel / "Pretending I'm okay"
- Suppressing stimming or self-soothing
- Using a "social voice"
- Smiling or laughing to fit in
- Staying quiet to avoid mistakes
- People-pleasing / Trying to be "easy-going"
- Pretending to understand
- Over-explaining or overthinking
- Other: \_\_\_\_\_



## 3 How Masking Can Affect Me

Masking can be exhausting. What impact does it have on you? Tick what fits.

- Tiredness / Exhaustion
- Mental burnout
- Anxiety
- Shutdowns or meltdowns
- Feeling disconnected from myself
- Irritability
- Low self-esteem
- Chronic stress
- Sensory overwhelm afterwards
- Needing a lot of recovery time
- Other: \_\_\_\_\_



## 4 Places or People I Feel Safest Around

Where or with whom do you feel most able to be yourself? What makes these spaces or people feel safe for you?

---

---

---

---

---

---



## 5 Things That Help Me Feel More Comfortable Being Myself

What helps you feel more accepted, understood, and less pressure to mask? List anything that makes a difference.

---

---

---

---

---

---



## 6 What I Need After Masking

What helps you recover and recharge after masking? (Be as specific or general as you like.)

---

---

---

---

---

---



## 7 Kind Reminders for Myself

Write kind and supportive reminders you want to hear.

- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_

## Gentle Reminder

Masking often develops for safety and belonging.

You deserve spaces where you can feel accepted, supported, and safe to be yourself.

Your authentic self is valuable and enough.

### Note to Self

It's okay to take off the mask. It's okay to rest. You matter, exactly as you are.

