



MASKING IS NOT JUST ACTING NEUROTYPICAL

It's largely a balancing act to maneuver around the false assumptions neurotypicals project onto us.

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UNMASKING WILL HAPPEN WHEN IT'S SAFE

We cannot be ourselves when the risk is too high. Being too authentic is like trying to walk into a wildfire. We know how bad it will hurt. Autistic masks are not cosplay. They're respirators.

SUPPORT AUTISTIC UNMASKING

**BE CURIOUS
BE METACOGNITIVE
BE HONEST
BE DIRECT
BE TRUSTING
BE PROACTIVE
BE RELAXED**



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