

What Does Autistic Masking Look Like?

Masking refers to when some Autistic individuals consciously or unconsciously utilize or mimic neurotypical behaviors that society has stigmatized in order to fit in or participate in social situations. Here is what masking can look like:

Suppressing
Stims

Forcing
eye contact

Ignoring
sensory
needs

Camouflaging
social interests

Changing
tone of
voice

Rehearsing
conversations

Imitating
facial
expressions

Not sharing
true interests

Mimicking
neurotypical
social cues

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