



Masking & Being More Myself

Masking can help people navigate environments, but it can also use significant energy. You get to decide where, when and with whom it feels safe to be more yourself.

Where do I notice myself masking?

What do I change or hide?

Why might masking feel necessary there?

How does masking affect my energy?

Who do I feel most myself around?

What does safe unmasking look like for me?

What would I like to stop apologising for?

One way I can make more room for myself is...
