

# Masking: adaptive communication



## What is it?

Adaptive communication means changing how we speak, what body language we use, and even what we wear to enhance the effectiveness of our social intercourse. There's often an accompanying desire to put whoever's listening to us at ease. It differs from imposed masking because, 1) it benefits the person who masks, 2) we're not forced to do it and, 3) it isn't painful to carry out

## Social mimicry

A key component of adaptive communication is social mimicry, which means copying tone of voice, posture and mannerisms. Social mimicry is an unconscious human instinct which increases in intensity the more a person believes themselves to be different from the social norm

## What causes it?

Adaptive communication as an instinctive social strategy that's used by all people, bar some autistic people. Autism cannot be diagnosed unless a social communication difference is present

## Adaptive communication examples

One example of adaptive communication is being charming. Another is matching someone's accent

