

Masking: imposed type



What is it?

This is the highly damaging form of masking that the autism community has in mind when they say masking can, and should be dropped.

Imposed masking involves suppressing natural neurodivergent traits, regardless of the cost to the individual, because someone else demands it

What causes it?

Imposed masking is a key feature of ABA “therapy”, which autistic children are frequently subjected to, and is especially common in the United States.

ABA uses the same basic methods that an experimental neurologist, named Pavlov, pioneered to program dogs to drool whenever he rang a bell.

Similarly, children subjected to ABA are conditioned to make eye contact and suppress hand flapping, spinning and other physical actions necessary for them to self-regulate

Why is imposed masking harmful?

The resulting trauma of ABA has been shown to cause post traumatic stress disorder.

Forcing neurodivergent children, or adults, to mask sets them up for a lifetime of ceding their needs, mental health and identity to others.

One of the reasons why neurodivergent people are prone to being in abusive relationships



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