

# Masking overview



## What is it?

Masking means hiding your true feelings by having a contrary expression on your face. Physical signs, like posture, can be masked as well

## Why autistic people object to masking

Many autistic children are subjected to ABA and other behavior based "therapies" that force them to suppress their natural selves and causes long-term psychological damage, including PTSD

## Is all masking harmful?

There are at least three different types of masking, of which only one is the harmful type. Other forms of masking are adaptive communication and pain-masking behavior, both of which are instinctive

## Why distinguish masking types?

Although all types of masking look similar externally, they're caused by markedly different internal processes. Distinguishing the type of masking reveals whether it should be avoided, accommodated or utilized

## Examples of masking

People can mask feeling upset by holding back their tears and pulling their lips into a smile. Another example is a neurotypical male hiding pain so he appears tough

