

Am I Masking Too?

A Reflection Worksheet for Neurodivergent Parents

Masking is often second nature-especially for neurodivergent parents.

This worksheet is your space for gentle self-reflection.

You don't need a formal diagnosis to begin understanding your patterns.

Section 1: Social Interactions

1. Do you rehearse conversations in your head before they happen? What types of situations make you feel the need to "prepare" more?
2. Do you mimic other people's expressions, tone, or body language to fit in? Can you remember the first time you noticed yourself doing this?
3. How do you feel after socializing? Drained? Energized? Anxious? Numb?

Section 2: Emotional Expression & Self-Censoring

4. Do you often force yourself to smile, laugh, or act more upbeat than you feel? Why do you think you do that? What might happen if you didn't?
5. Do you avoid talking about your struggles because you worry about being judged or misunderstood?
6. How often do you say "I'm fine" when you're not?

Section 3: Hiding Your Needs

7. Do you suppress sensory sensitivities (e.g., to noise, light, textures) to appear more "easygoing"? What are your most common sensory triggers?
8. Do you push yourself to keep up with tasks (like cleaning, socializing, or errands) even when your body or brain is saying stop?
9. Have you ever avoided asking for help because you didn't want to seem "needy" or "too much"?

Section 4: Understanding Your Mask

10. What parts of yourself do you tend to hide in public or around certain people?
11. When (if ever) do you feel safe enough to unmask and be fully yourself?
12. What would it feel like to stop performing-even just a little bit?

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13. After going through this worksheet, do you think you've been masking more than you realized?
14. What small, safe changes could you make this week to honor your authentic self?