



People with autism often experience bullying at school or stigmatization at work. That's why many people on the spectrum 'mask' their autistic behaviors from neurotypical people. In this episode we explore the reasons behind masking, the physical and mental health consequences of masking, and the benefits of unmasking.

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UNDERSTANDING AUTISM PODCAST

SHOW NOTES

SEASON 1 EPISODE 11

MASKING



*Hear No Autism, See No Autism, Speak No
Autism*
artwork by Nicole Kubilus

WHAT IS MASKING? (0:00-2:45)

- suppressing classic autistic behaviors
- why someone would want to mask their autism
- examples

WHY IS MASKING OFTEN ENCOURAGED? (2:46-5:00)

CONSEQUENCES OF MASKING (5:02-8:27)

- anxiety, depression, suicidal ideation
- "autistic burnout"
- unable to cultivate their authentic identity
- unable to learn self-advocacy skills

BRET EXPLAINS HIS SON'S EXPERIENCES AND A PARENT'S VIEW OF MASKING (8:30-39:25)

NICOLE'S EXPERIENCES WITH MASKING (39:25-1:06:59)

OTHER FORMS OF MASKING (1:07:00-1:08:30)

HOW THE MEDICAL VS. SOCIAL MODEL OF DISABILITY IMPACTS MASKING (1:08:30-1:11:00)

HOW TO UNMASK (1:11:01-1:15:09)



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Links

[Unmasking Autism](#)

by Dr. Devon Price

[Healing Otherness Handbook](#)

by Dr. Stacey Reicherzer

[Trauma, Stigma, and Autism:](#)

[Developing Resilience and](#)

[Loosening the Grip on Shame](#)

by Gordon Gates

[Autism Spectrum and Depression](#)

[and Asperger's Syndrome and](#)

[Anxiety](#)

by Nick Dubin

[All the Weight of Our Dreams: On](#)

[Living Racialized Autism](#)

ed. by Lydia XZ Brown

BENEFITS OF UNMASKING (1:15:11-1:15:44)

- stronger physical and mental health
- self-compassion
- healing
- finding your passion without judgement
- finding others like you
- resiliency
- self-advocacy skills
- setting healthy boundaries

NICOLE'S UNMASKING JOURNEY (1:15:44-1:19:48)

BRET'S SON'S UNMASKING JOURNEY (1:19:44-1:22:34)

BRET'S AND NICOLE'S ADVICE FOR PARENTS (1:22:34-1:25:13)

BRET'S AND NICOLE'S ADVICE FOR TEACHERS AND EMPLOYERS (1:25:13-1:29:33)

BOOK RECOMMENDATIONS (1:29:33-1:33:57)