

A 3-DAY UNMASKING AFFIRMATION EXPERIENCE



UNMASK
&
EMBRACE

From Masking to Marveling:
Your Journey Begins Here

WHILE YOU WONDER

Autistic Unmasking
DISCLAIMER
about safety

UNDERSTANDING
THE ROLE OF MASKING

As you embark on this journey of self-exploration and embracing your authentic identity, it's essential to approach the concept of masking with empathy and understanding.

We acknowledge that many autistic individuals have found it necessary to mask certain aspects of themselves for various reasons, whether for acceptance, protection, or navigating a world that is often structured for neurotypical individuals. Masking has, for some, been a valuable coping or survival strategy.

This workbook is not intended to judge or question the decisions of those who choose to mask. Instead, our aim is to provide tools and activities to explore one's authentic identity and to build the confidence to express that identity when and where it feels right.

Every individual's journey is unique, and each person's choices are valid.

Autistic Unmasking

INTRODUCTION

What is this experience?

We are celebrating the launch of our **Autistic Unmasking Affirmation Workbook** with the release of this complimentary resource that we are pleased to be sharing with you!

This experience is a curated journey designed for those on an autistic self discovery journey and has been made for those who either identify as autistic or are exploring their potential autistic neurotype.

We understand that societal norms of neurotypicality often encourage masking, subtly or overtly (camouflaging your autistic qualities and experiences to appear more neurotypical). This experience offers an opportunity for you to pause, reflect and explore your autistic identity and authentic way of showing up in the world (unmask, by letting go of the need to hide your authentic self and show up in the world exactly as you are). Through a series of affirmations, prompts, and reflections over three days, we will guide you towards a deeper appreciation of your sensory experiences, communication styles, and the comfort of predictability. By the end of this journey, we hope to empower you to unmask, embrace, and celebrate your authentic self.

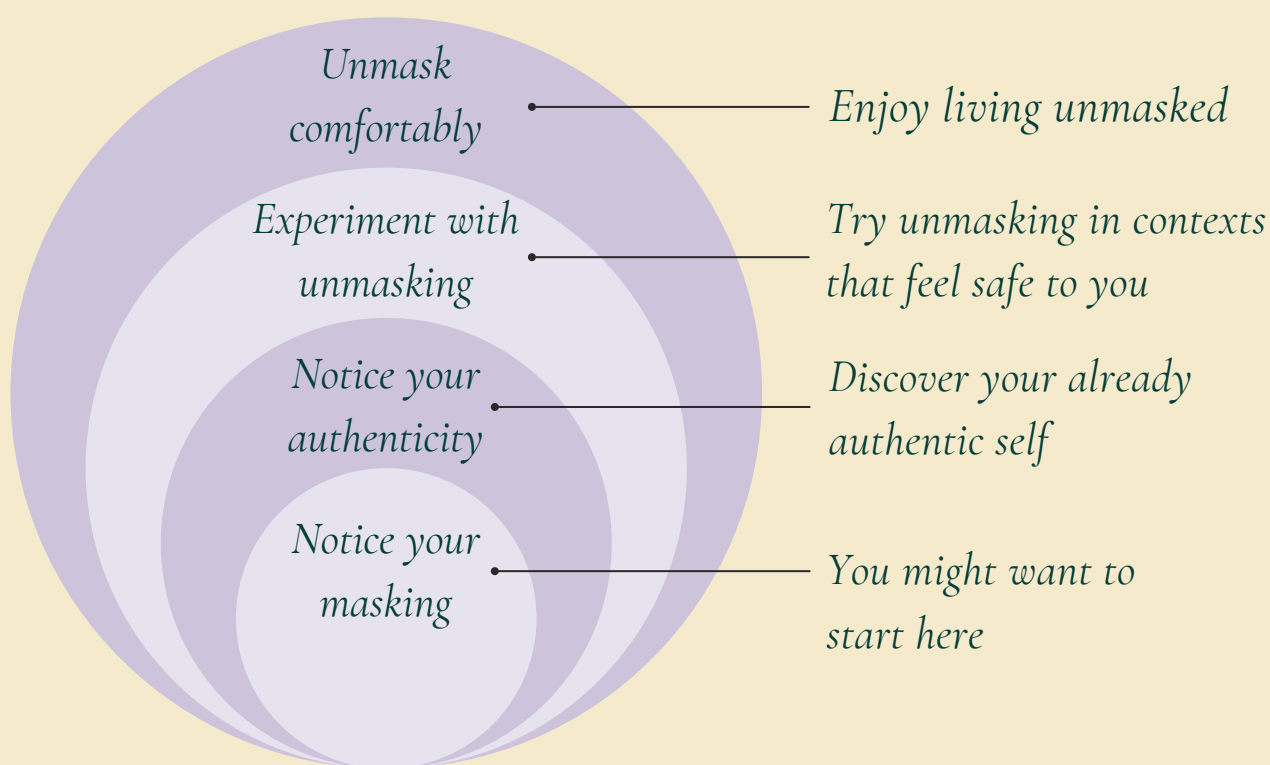
While this experience can be beneficial on its own as an introduction to unmasking, it is a sister resource that compliments our workbook. For those on our mailing list, we are excited to offer an exclusive 10% discount on the price of the workbook! For a limited time only, use this code at checkout to make the most of the discount: **Unmask&Embrace**.

Purchase the Autistic Unmasking Affirmation Workbook at whileyouwonder.com

Autistic Unmasking

STAGES

to explore



Unmasking is a unique process that varies from person to person. Some dive right into the deep end, embracing the journey all at once, while others prefer to take it slow, gradually uncovering layers of their authentic selves. There's no single "right way" to go about it. The chart above provides a roadmap of commonly experienced stages and steps you might consider if you're seeking guidance on your own unmasking journey.

Day 1

SENSORY

build awareness of your needs and preferences

Autistic people are often more attuned to their senses and will have a heightened experience that results in them to notice things others overlook. While it is true that some sensory input can be overwhelming leading autistic people to find ways of reducing the sense or taking a break from it, autistic people can also experience a heightened sense of joy and delight in the experience.

We encourage you to deep dive into your sensory experiences; noticing what you like and what you don't like so that you can learn about your needs and preferences. Today, let's celebrate the richness of your sensory world.

affirmations

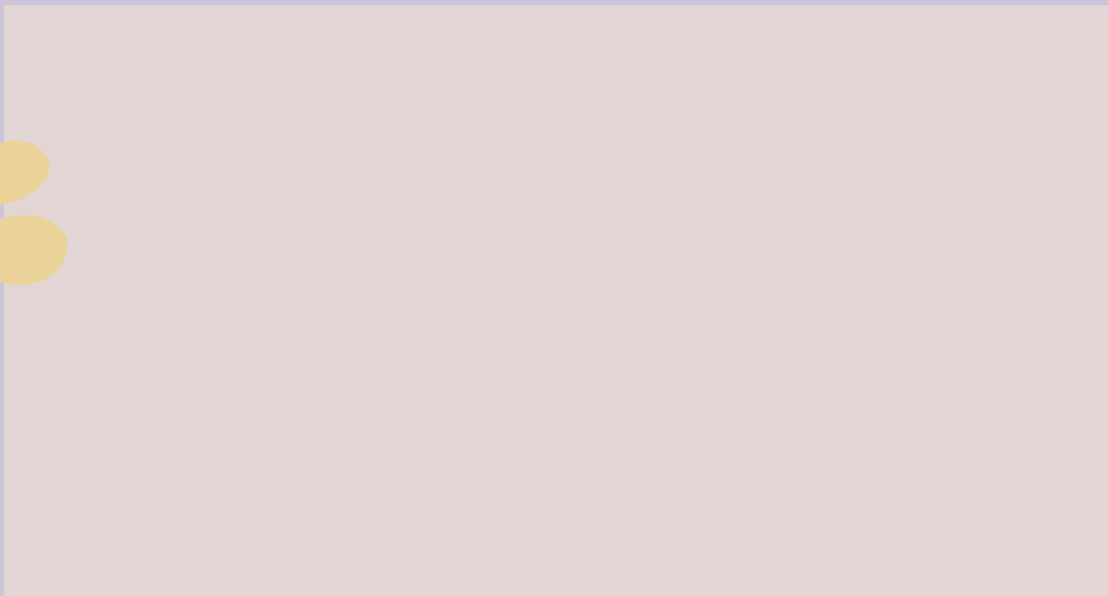
I trust my body's signals and give myself permission to seek comfort.

My sensory perceptions enrich my experience of the world.

My sensory journey is valid and deserves understanding, patience and accommodations.

your sensory experience

List three sensory experiences (like a certain texture, sound, or smell) that bring you comfort.





Day 1

SENSORY

Write down why each of these sensory experiences is soothing to you.

Blank space for writing responses to the prompt above.

take action

1. Today, incorporate one of these sensory experiences into your routine.
2. Before you engage in the experience, say one of the above affirmations aloud or in your mind.
3. Reflect on how this sensory experience made you feel.

reflect

How did consciously incorporating a comforting sensory experience affect your day?

Blank space for writing a reflection on the prompt above.

What other sensory experiences might you incorporate going forward?

Blank space for writing other sensory experiences to incorporate.

Day 2

COMMUNICATION

embrace your natural communication style

Authentic autistic communication is often direct and honest, values language rather than non-verbal cues where people say what they mean, and is purpose-driven or based on shared interests.

We invite you to explore and celebrate the ways you express yourself and connect with others. Maybe you prefer texts to calls, like getting straight to the point, or a desire to dive into deep topics and skip the small talk - it might be different to neurotypical communication, but no less valuable. Today, we'll explore authentic autistic communication, celebrate it, and understand how it shapes your interactions. It's time to feel good about how you connect with others.

affirmations

When someone tells me a story that I resonate with, sharing my own relevant experience is a meaningful way to show my interest and empathy.

It is okay to let people know that I honour my energy levels and excuse myself from conversations that do not have a clear purpose.

When I am excited by what someone is saying, I am allowed to express my enthusiasm by jumping in to contribute.

your communication style

List three ways you naturally prefer to communicate (it could be text over calls, directness, skipping small talk, enthusiastically jumping in, sharing your experience etc)





Day 2

COMMUNICATION

Write down why each method feels authentic to you.

Blank space for writing responses to the prompt above.

take action

- 1. Today, engage in a conversation using one of these authentic communication methods.*
- 2. Before the conversation, say one of the above affirmations aloud or in your mind.*
- 3. Reflect on how using this method made the conversation feel.*

reflect

How did being authentic in your communication affect your interaction?

Blank space for writing responses to the prompt above.

Are there other elements of authentic autistic communication do you want to explore?

Blank space for writing responses to the prompt above.



Day 3

SAMENESS & ROUTINE

delight in predictability and familiarity

Sameness and routine hold significant value for many in the Autistic Community. These aren't merely habits; they're grounding forces that provide a sense of security and structure in an often chaotic world. Delving into the comfort zones of routines or the solace of familiar scenarios, we find a space where the mind can relax and focus. These patterns might be seen as repetitions to some, but for others, they are the harmonious rhythm of daily life. Today, we'll explore the beauty of predictability and familiarity, understanding their profound impact on well-being and daily life. Let's appreciate the serenity and stability they bring to our lives.

affirmations

*In the familiar, I find comfort
and peace*

*My rituals are my anchors,
steadying me in turbulent
times.*

*The beauty of routine lies in
its ability to bring clarity
amidst chaos.*

your consistency and rituals

List three routines or familiar activities that bring you a sense of comfort and predictability.





Day 3

SAMENESS & ROUTINE

Write down why each of these routines is important to you.

take action

1. Choose one of these familiar activities and engage in it today.
2. Before you start, say one of the above affirmations out loud or in your mind.
3. Pay close attention to how engaging in this familiar activity makes you feel

reflect

How did embracing predictability and familiarity affect your emotional regulation?

Are there other routines or familiar settings you want to incorporate more frequently into your life?

Ready to Level Up Your Unmasking?



If this 3 day experience resonates with you, you'll find even more depth in our full **Autistic Unmasking Affirmations Workbook**. With over 80 pages, it offers a comprehensive journey towards understanding and embracing your authentic autistic self.

Featuring:

- Over 80 affirmations
- Unmasking tips
- Self reflection exercises
- Printable affirmation cards

For our mailing list, we have a special treat! **Enjoy an exclusive 10% off** the workbook for a limited time. Just use the code **Unmask&Embrace** during checkout.



Secure your Autistic Unmasking Affirmation Workbook now at [whileyouwonder.com](https://www.whileyouwonder.com).



As we wrap up this three-day glimpse into unmasking for our autistic neurokin, we want to say a big THANK YOU for joining us. This has been a quick dive, but we hope it's given you a taste of what embracing your autistic self can feel like.

We at While You Wonder are always here to celebrate and affirm your neurodivergence. Your journey doesn't end with the last page of this book; rather, consider this the beginning of a lifelong commitment to embracing your autistic identity. Thank you for taking this step with us, and cheers to the beautifully neurodivergent you!

Join the Conversation and Community

Want to hear other people's experiences and share your own? Follow us on Instagram and become part of a vibrant community that values authentic autistic identities.

Instagram: @whileyouwonder

Stay Connected

Follow us on our social media channels to stay updated with our latest resources, tips, and community conversations.

For inquiries, questions, or feedback, reach out to us at @whileyouwonder

WHILE YOU WONDER

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