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Masking & Coping Checklist

Underrated
Superhero

Helps individuals (especially neurodivergent clients) identify masking behaviors and coping strategies they use in daily life – for self-awareness and support planning, not diagnosis.

Instructions: Read each statement and check all that apply. After completing, review patterns to identify areas where support, accommodations, or self-advocacy might help reduce reliance on masking. **Not scored** – for self-reflection only.

Section A – Social Masking		
Item	Yes	No
I imitate others' speech patterns, tone, or body language to blend in.		
I rehearse conversations in my head before speaking.		
I hide stimming behaviors (e.g., fidgeting, rocking) in public.		
I force eye contact even when it feels uncomfortable.		
I change my appearance, clothing, or style to fit in.		
Section B – Emotional Masking		
Item	Yes	No
I hide or downplay my emotions to avoid judgment.		
I smile or laugh even when I don't feel like it.		
I avoid showing signs of stress, anxiety, or sensory discomfort.		
Section C – Coping Strategies		
Item	Yes	No
I use humor or sarcasm to deflect attention from discomfort.		
I prepare "safe topics" to avoid stressful conversations.		
I retreat to a quiet space after social events to recover.		
I use fidget tools, weighted items, or other self-regulation aids.		
I rely on routines or rituals to reduce anxiety.		

Scoring Guide:

This tool is not designed to produce a numerical score. It is intended to highlight patterns, preferences, and potential areas for support. Use your responses to guide self-reflection or discussion with a clinician.

Reflection Questions:

1. Which masking behaviors do I use most often?

2. Which coping strategies are healthy and supportive?

3. Which strategies feel draining or unsustainable?

4. What accommodations could reduce my need to mask?
