



What Is Masking?

Let's look closer at what masking really is, and how it shows up in everyday life.

Masking is what happens when we try to hide parts of ourselves to seem more "normal," "put together," or easy to be around.

You mask when you :

- 1 Force focus or hold in hyperactivity**
- 2 Numb or push down big emotions**
- 3 Script conversations to avoid messing up**
- 4 Laugh things off even when we're struggling**
- 5 Pretend we're fine when we're deeply overwhelmed**
- 6 Apologize constantly for being "too much"**

Masking isn't weakness. It's a way you've learned to stay safe by hiding parts of yourself that don't match who you were told you needed to be in order to be loved and accepted. For women that person is often some version of the gold standard woman.