

Unmasking Autism

by Devon Price

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Make a masking inventory**

Pick one recurring setting and list what you suppress, rehearse, tolerate, or recover from afterward. Naming the labor is the first access intervention.

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⁰² **Ask for one concrete support**

Choose a practical accommodation such as written instructions, a sensory break, direct language, camera-off meetings, or a clear exit plan.

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⁰³ **Protect recovery time**

After a high-demand social or sensory event, block decompression before your calendar fills it. Recovery is maintenance, not indulgence.

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⁰⁴ **Practice one safe unmasking move**

With a trusted person or low-stakes setting, allow one authentic behavior: less eye contact, visible stimming, a direct answer, or honest pacing.

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⁰⁵ **Follow autistic joy**

Give one special interest, sensory pleasure, or focused routine more room this week. Joy is part of self-knowledge, not a guilty reward.

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⁰⁶ **Rewrite a shame script**

Take one old label like rude, dramatic, lazy, or too much and translate it into the access need or overload signal underneath.