

UNMASKING IN *LOVE*

A GUIDE DECK

UNMASKING IN RELATIONSHIPS



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Tell your partner one true thing about your energy level today instead of pretending you are fine.



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Say “I need a minute to think” when a conversation feels overwhelming instead of forcing an answer.



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Explain one autistic trait you have in plain language and how it actually feels inside your body.



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Let your partner see you stim without
apologizing or explaining it away.



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Name one boundary out loud, even if it feels
small or awkward.



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Ask directly for reassurance instead of
hinting or hoping they notice.



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Tell your partner when something hurts your feelings instead of minimizing it.



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Share one sensory need you have, like quiet mornings or low lighting at night.



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Stop forcing eye contact during serious conversations and look where your body wants.



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Say “I don’t understand what you mean”
instead of pretending you do.



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Ask your partner to repeat something in a different way if your brain goes blank.

