

THE NEUROQUEER LIFE MAP QUICKSTART

5 Reflection Prompts to Begin
Unmasking and Coming Home to Yourself



A note from Elle...

I created this guide because I wish I'd had something like it when I first started asking, "Who am I, really—underneath all this performing?"

If you're here, it likely means you've carried questions for a long time. Maybe you've been shaped by systems that didn't understand you, relationships that didn't see you, or versions of yourself you had to build just to survive.

This little guide isn't meant to fix or define you. It's here to give you space. Space to wonder, untangle, remember—and maybe begin coming home to yourself.

Start small. Be gentle. You don't owe anyone a fast answer.

And you don't have to be anyone else to be valid.

--Elle

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Where have I felt most myself?

Reflection 1

Describe a moment, place of relationship where you noticed yourself exhaling – not performing, not adjusting, just being. What made that possible?

I've felt free to be myself when...

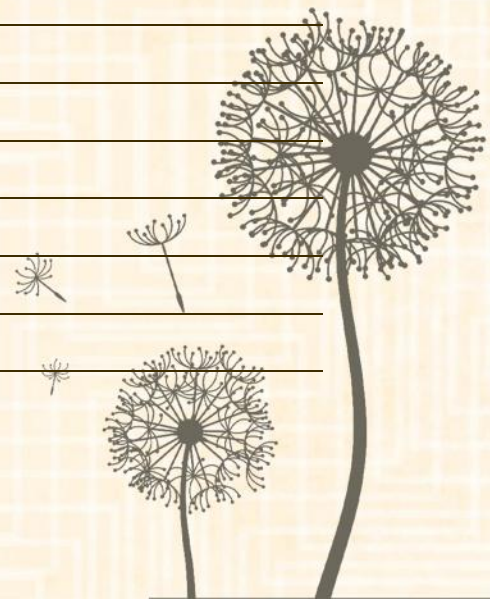
I think what makes that possible is...



Reflection 2

“Shoulds” that influence me:

Why do these belong to me? Or not?

[illegible]

How do I know when I'm masking?

Reflection 3

Name the physical, emotional, or behavioral signs that you've slipped into a mask. Do certain environments or people trigger it more than others?

Signs that I'm starting to mask:

Triggers that can lead to masking:

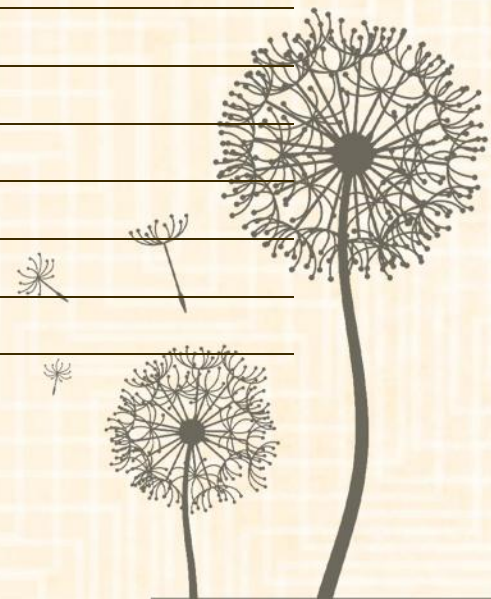
This image shows a single sheet of bright yellow paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance.[illegible]

What parts of me have I edited to be accepted?

Reflection 4

What aspects of your sensory self, gender expression, communication style or identity have you dialed down to keep others comfortable?

I sometimes dilute for others myself by:

This image shows a blank sheet of white paper with horizontal blue ruling lines. A faint, light gray grid pattern is visible across the entire page. In the bottom right corner, there are three small, stylized black line drawings of dandelion seed heads at different stages or sizes.

Reflection 5

The version of living that feels most authentic to me starts with...

This image shows a blank sheet of white paper with horizontal blue ruling lines. A faint, light gray grid pattern is visible across the entire page. In the bottom right corner, there are three small, stylized black line drawings of dandelion seed heads at different stages or positions.