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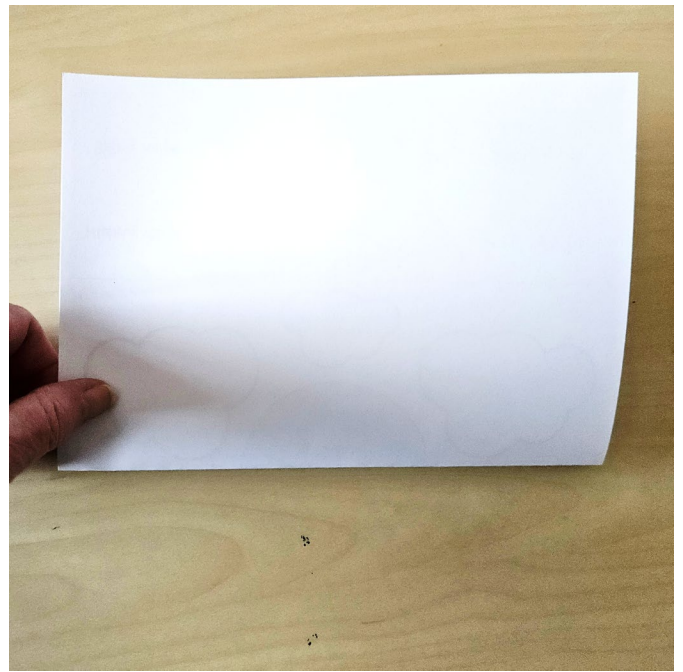
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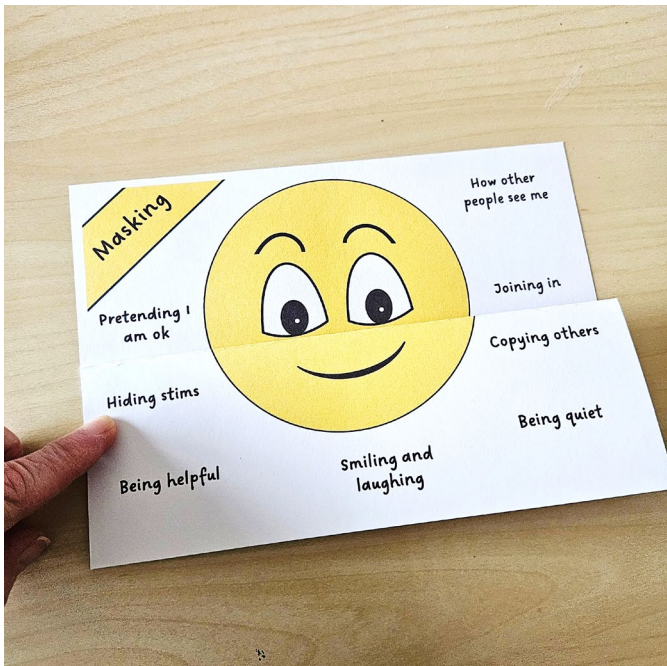
Print out the sheet on A4 paper



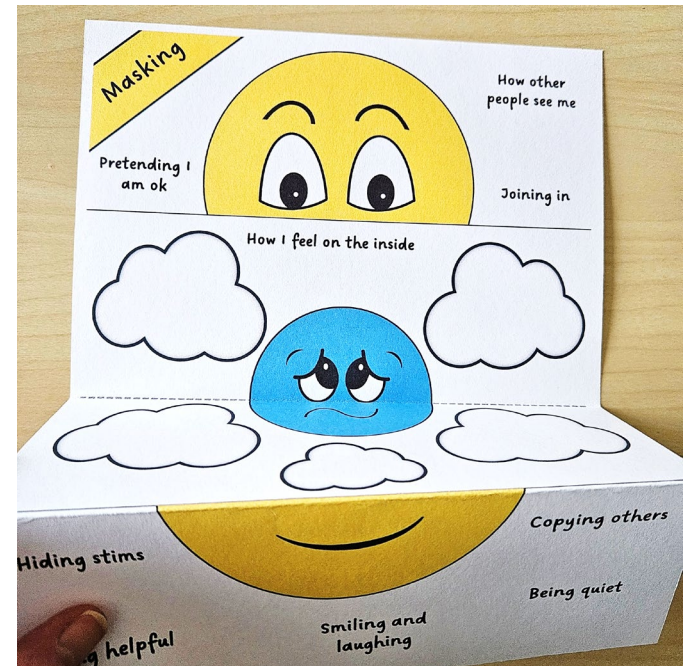
Fold upwards in half on the dashed line



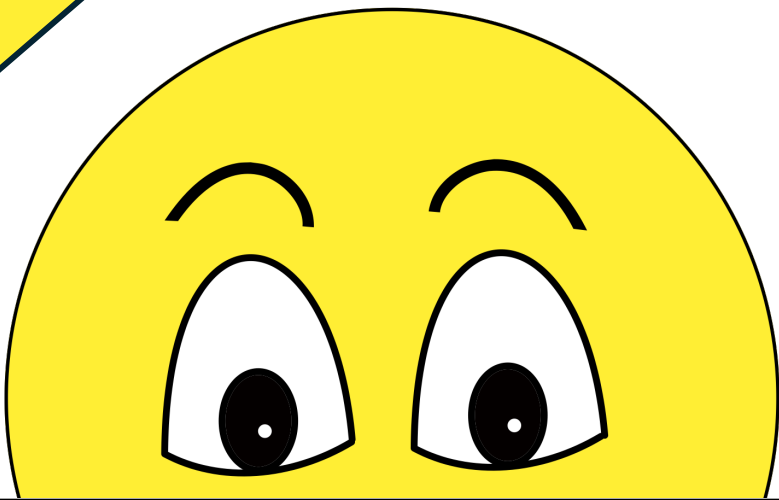
Fold the top quarter downwards along the line



You can now open and close the sheet



Masking

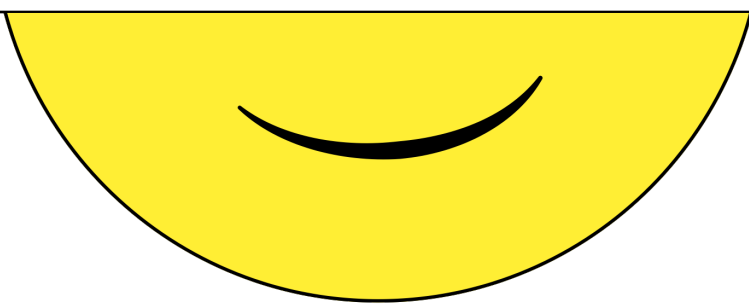
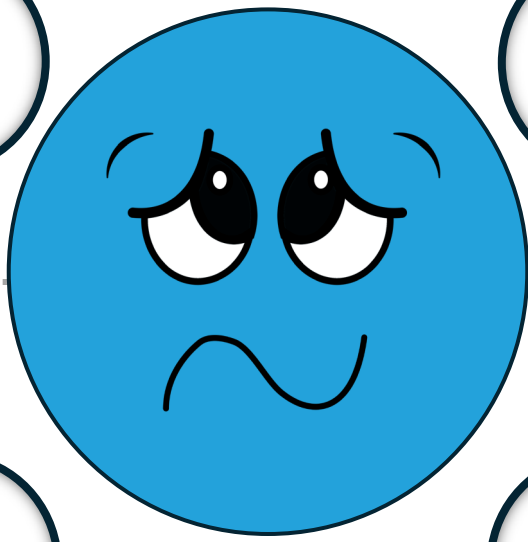
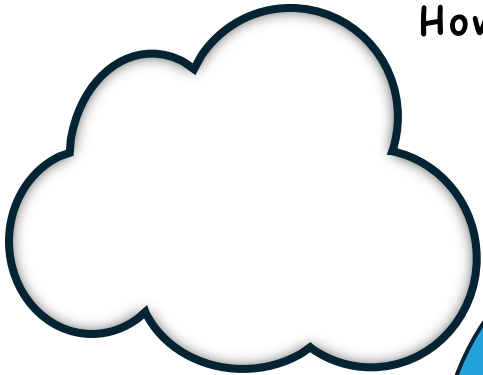


How other people see me

Pretending I am ok

Joining in

How I feel on the inside



Hiding stims

Copying others

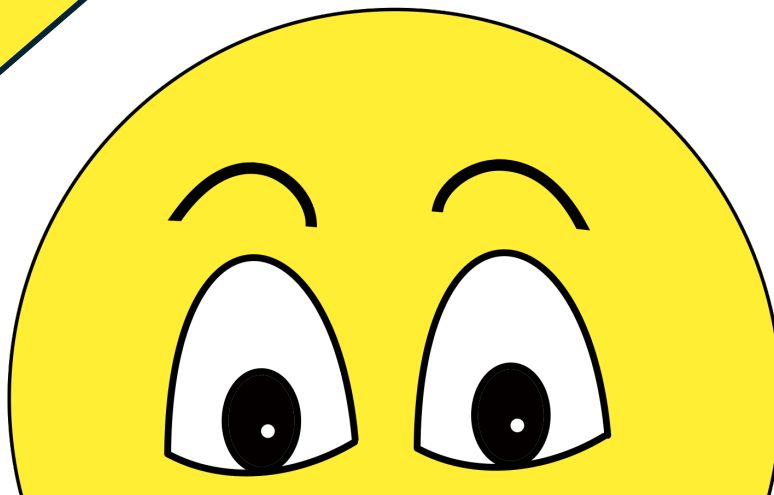
Being helpful

Smiling and laughing

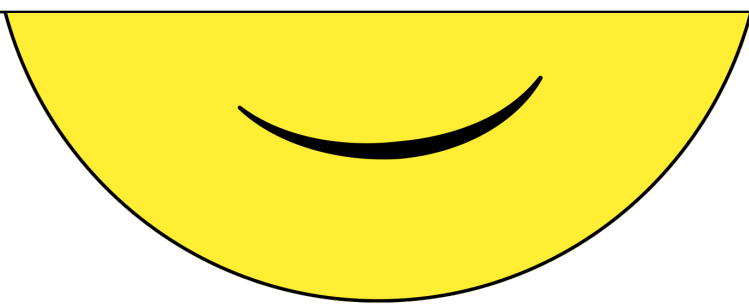
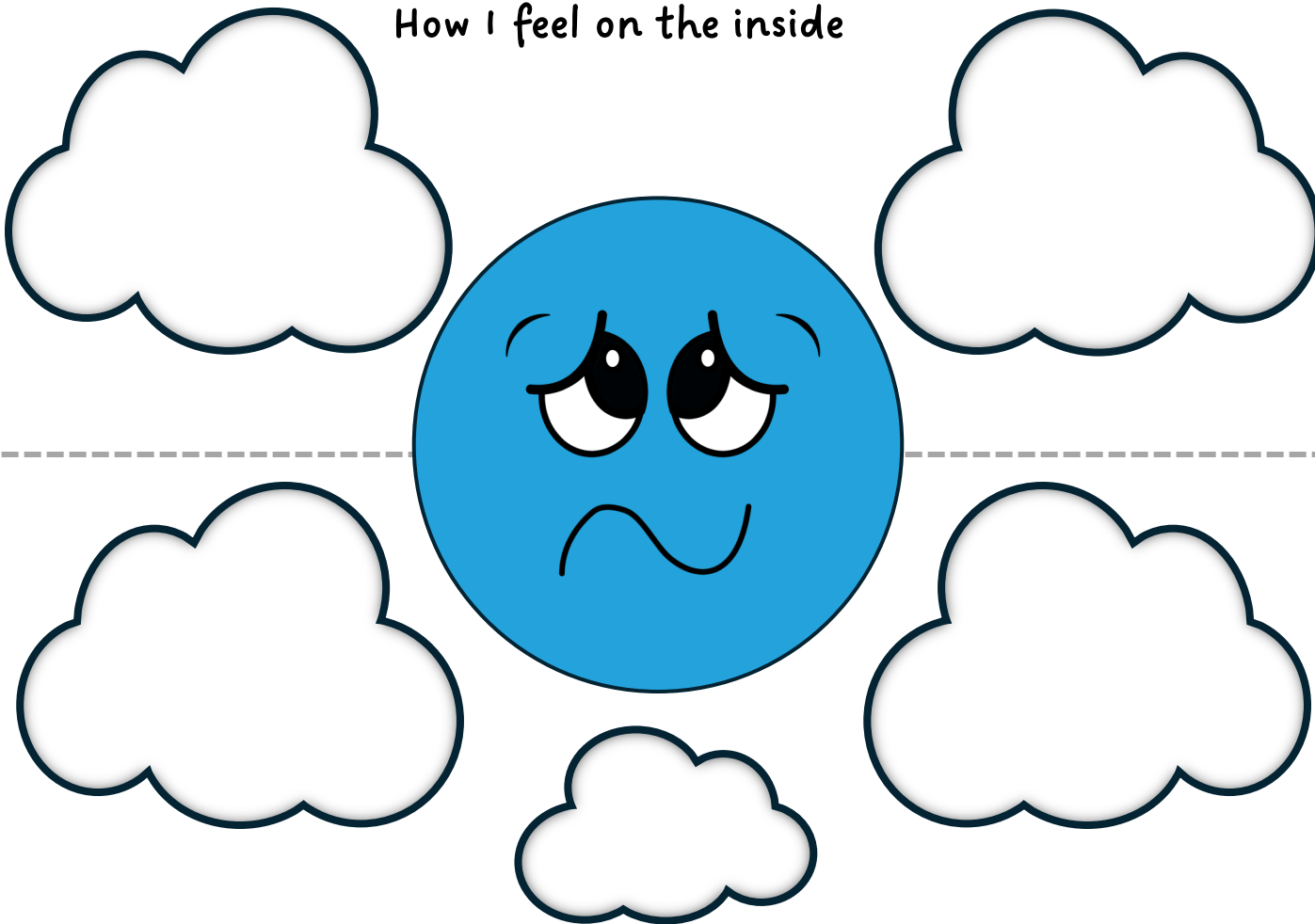
Being quiet

Masking

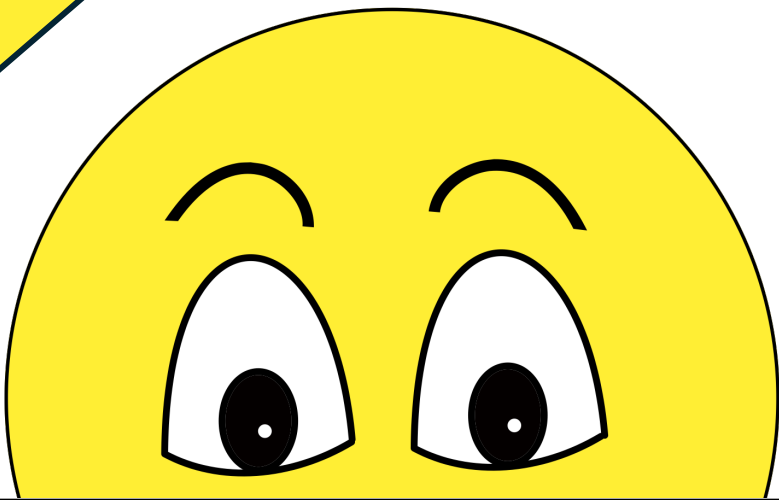
How other people see me



How I feel on the inside



Masking

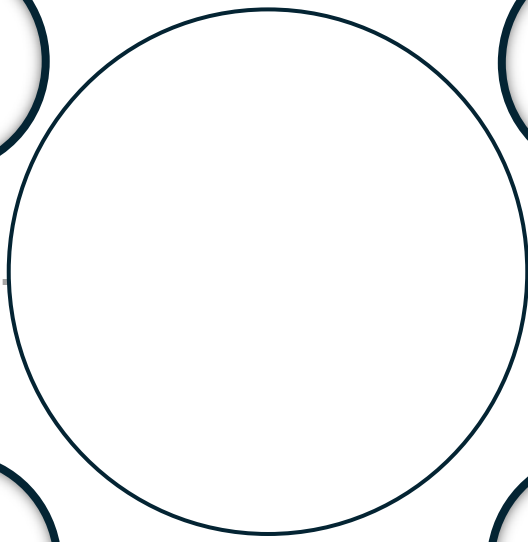
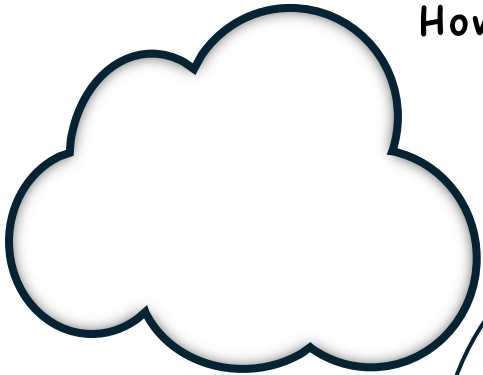


How other people see me

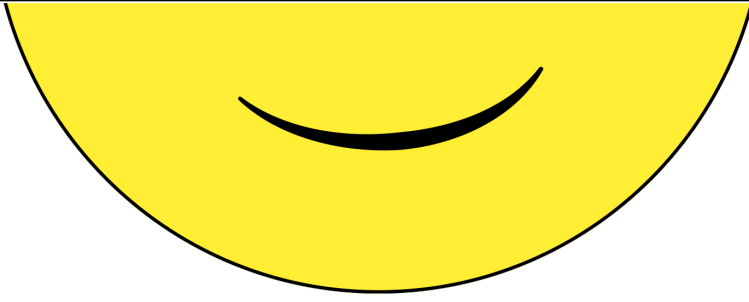
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How I feel on the inside



Hiding stims



Copying others

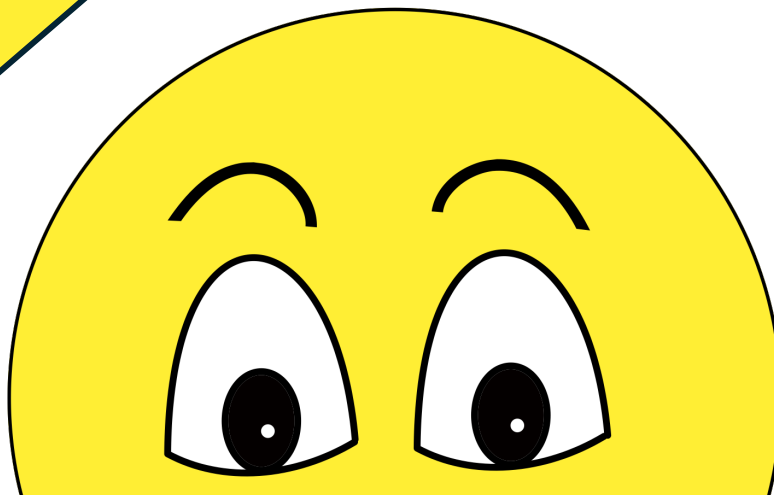
Being helpful

Smiling and laughing

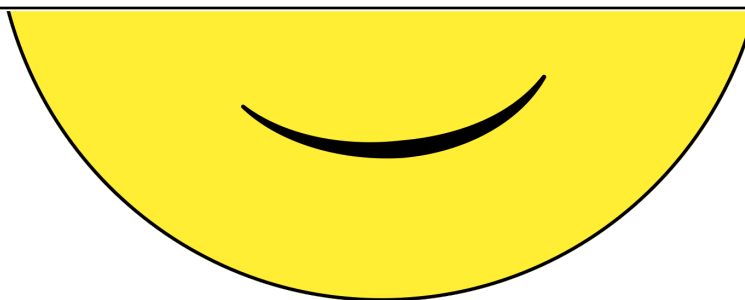
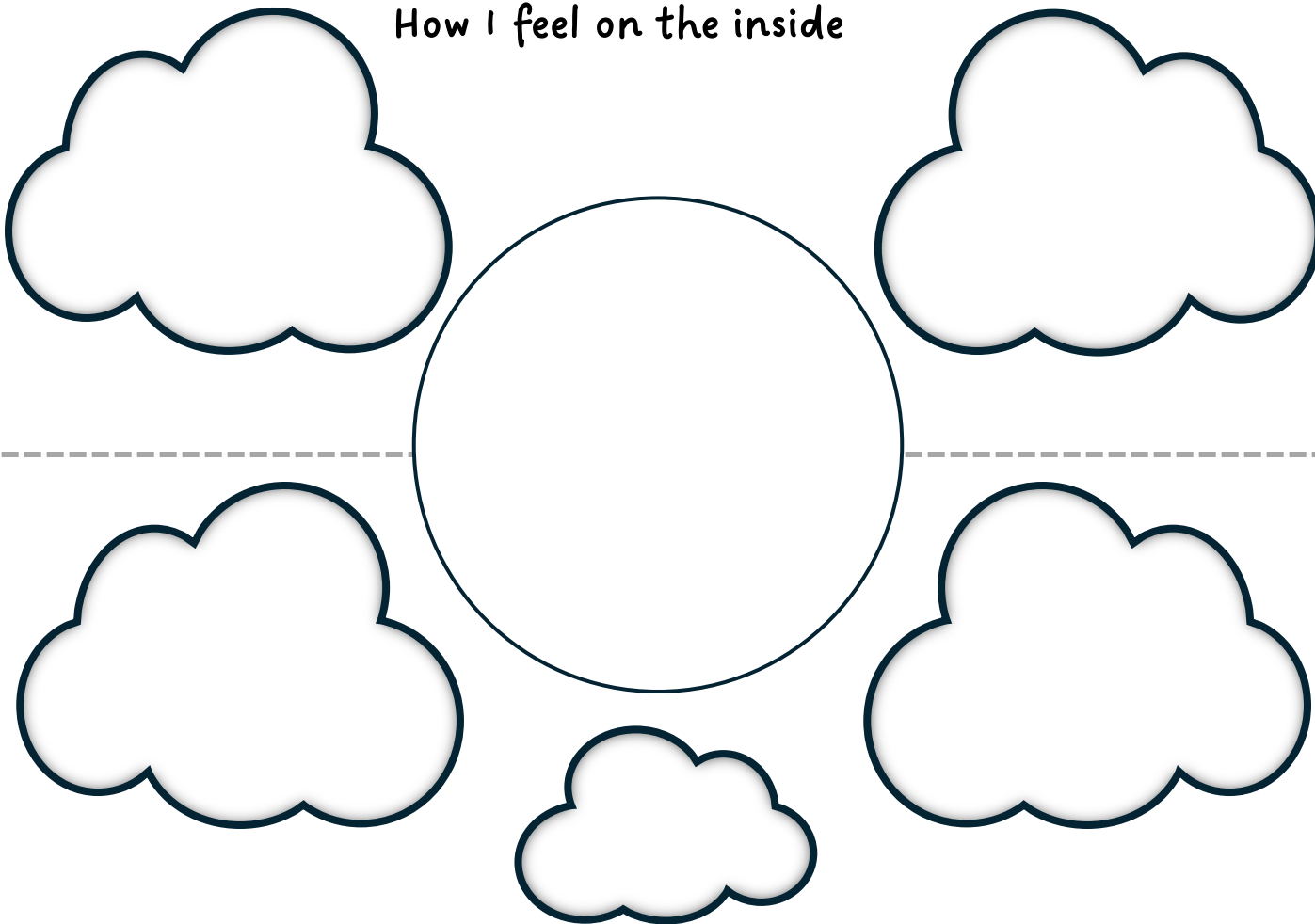
Being quiet

Masking

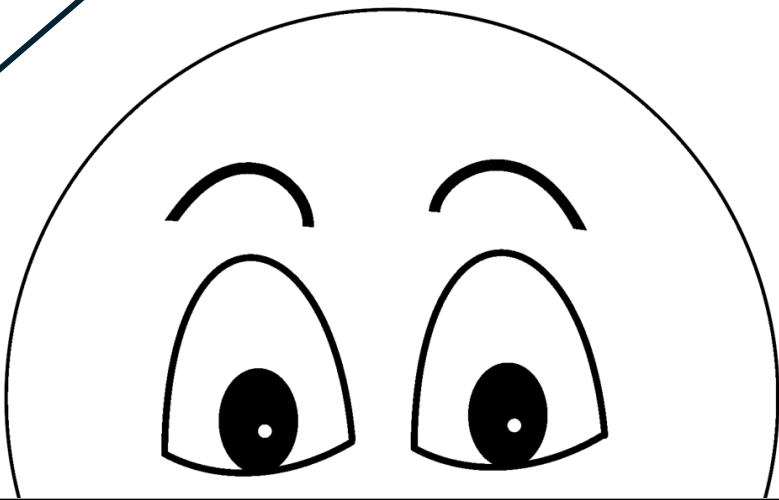
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How I feel on the inside



Masking

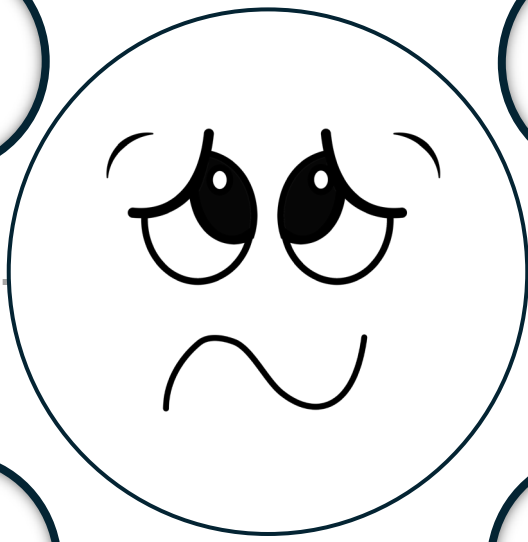


How other people see me

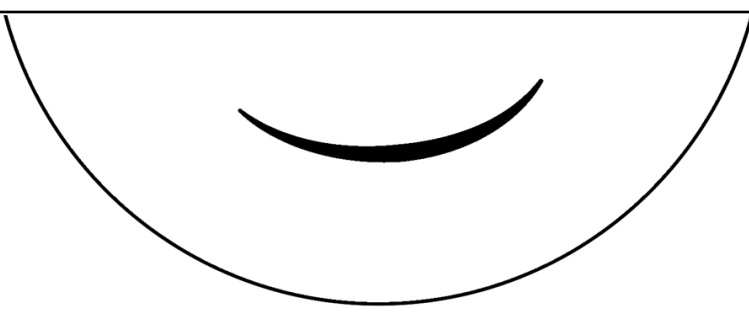
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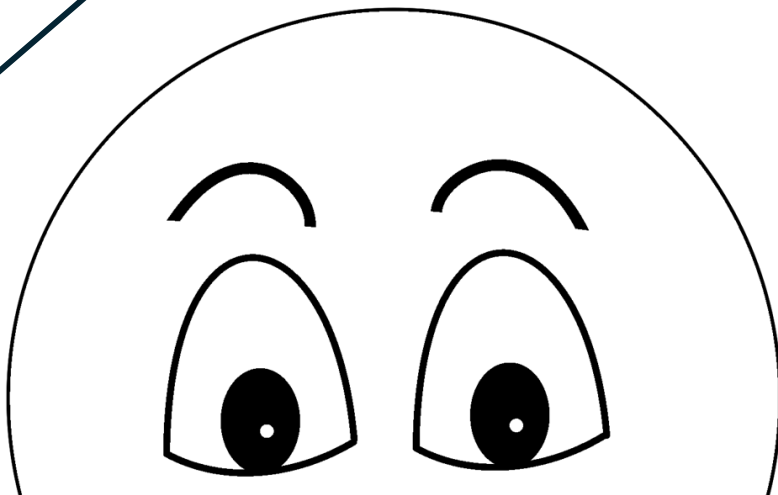
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Smiling and laughing

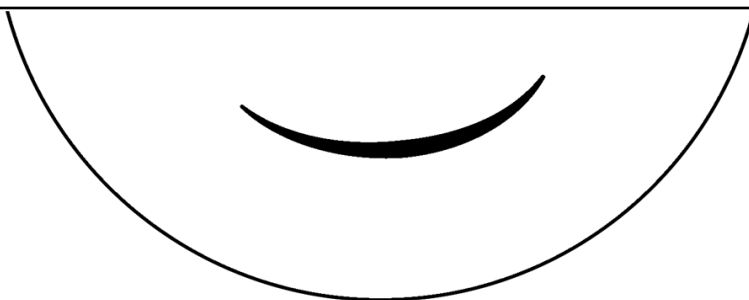
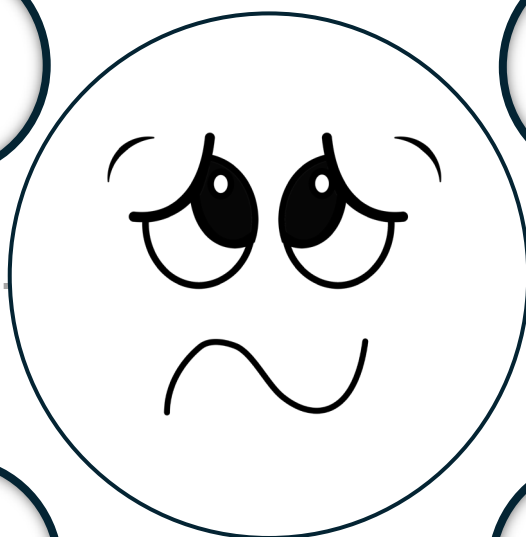
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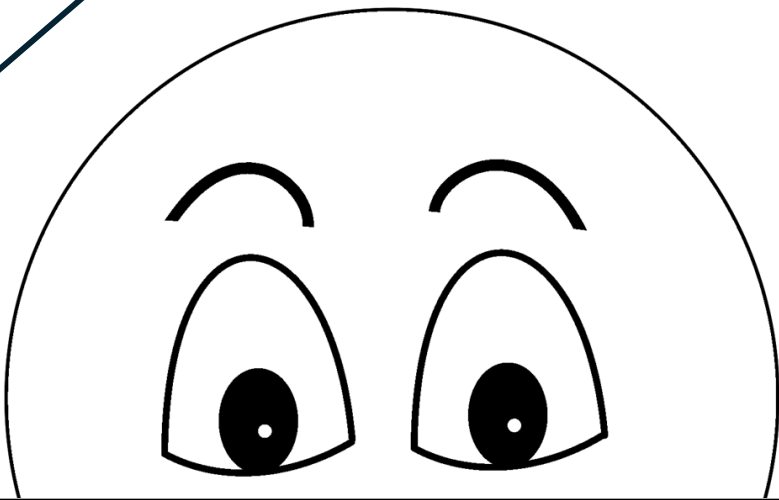
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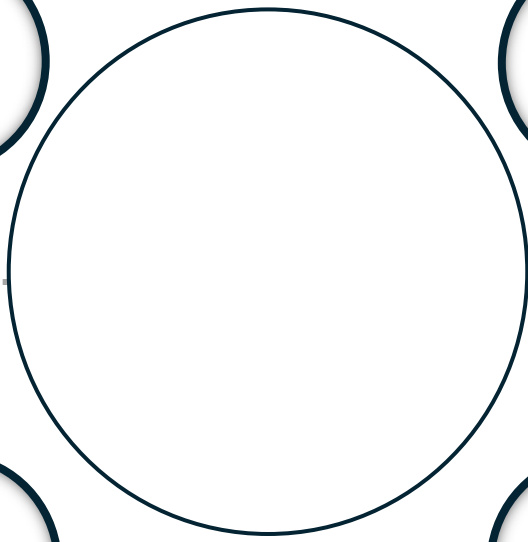
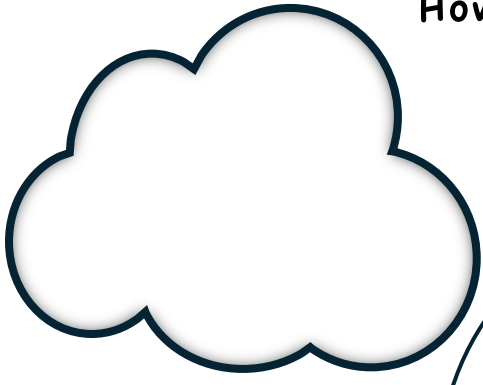


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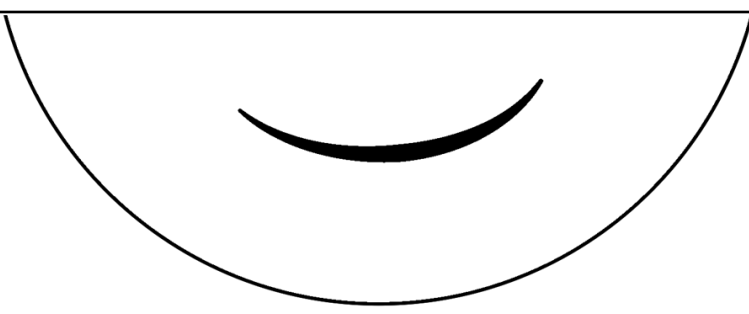
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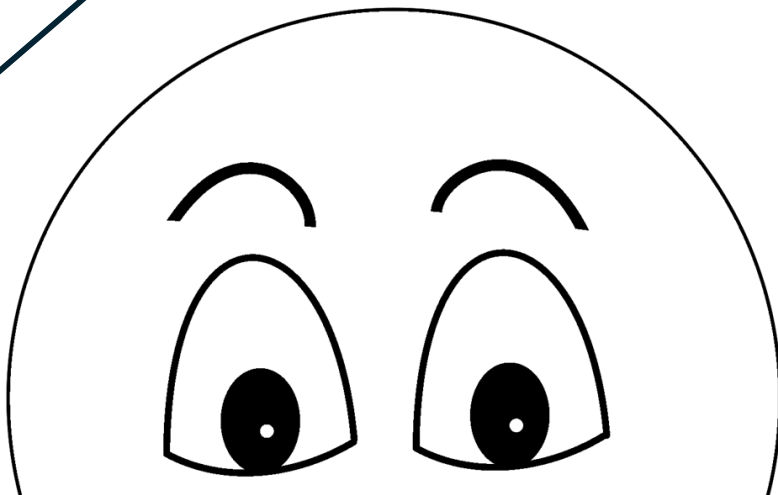
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