

Unmasking Safety Planning

A compassionate guide for identifying where it is safe to unmask — and building a gradual plan to expand that space.

Name: _____ Date: _____ Clinician: _____

***Purpose:** Unmasking is a gradual, brave process. This worksheet helps you identify where and with whom it feels safe to show up more authentically — and build a plan to expand that safety over time.*

SAFETY MAPPING

■ SAFE ZONE — I can unmask here

People, places, or situations where I feel safe to be myself:

■ CAUTIOUS ZONE — Partial masking needed

Contexts where I partially unmask but still monitor myself:

■ HIGH-MASK ZONE — Full performance required

Situations where I feel I must fully mask to be safe or accepted:

UNMASKING ACTION PLAN

One trait, behaviour, or need I want to unmask first:

The person or context I'll start with:

What I might say to explain my needs if asked:

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How I will care for myself after unmasking attempts:

Signals that I've pushed too far and need to pause:

REFLECTION & INTEGRATION

What does "being myself" look and feel like at my best?

One affirmation I can offer myself in the unmasking process:
