

Teach me about MASKING



Following on from
the Double Empathy Problem





Being a SQUIRREL in a world designed for BEAVERS is often VERY TOUGH.

Squirrels are often taught that:

Squirrel ways are not as good as Beaver ways

They should hide their squirrel traits and try to learn Beaver traits

It is a **BEAVER'S** WORLD, so...

Squirrels will never be accepted or successful while behaving like squirrels



When a SQUIRREL hides their squirrel traits and PRETENDS to be a BEAVER, this is called



MASKING

Sound problematic yet?





Many people think that teaching squirrels to mask is doing them a FAVOUR...



When what really happens is ...





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When SQUIRRELS are constantly encouraged to MASK, this sends them the following messages:



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This inevitably leads to miserable, exhausted squirrels who never get the chance to be accepted or loved for who they truly are.



Our Squirrels deserve
BETTER.





Instead of asking Squirrels to CHANGE, how about we CHANGE our thinking that Beavers are the only worthwhile creatures?

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