# Unmasking Experiments Toolkit

A framework to find you
- one small step at a time



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# Unmasking Experiments

**When we experiment - we are not trapped into an answer.**

**There is space to learn, to collect data.**

**We shift from right & wrong into I wonder and 'what if'.**

**When we have to unlearn a lifetime of other people's habits -**

**we can't assume anything as real or true.**

## The experiment framework:

1. **Start with the hypothesis:**

"I wonder if I . . . ."

2. **Gather data in a timebox:**

Take 2-5 minutes to test - give it a go.
How does this feel?
What feels better or worse?

3. **Check your findings:**

What did you learn about your needs?

4. **Articulate your needs:**

For you - What is OK and not OK?
If not OK is it a 'no, never' or a 'not like this'
Are there accommodations you can use

5. **Test your approach**

Try one thing, in one context. How does that feel/did it work? Can you apply this elsewhere?

**If an area feels to big** e.g. I wonder what my visual sensory needs are you can break it down like:

I wonder if I like . . .

bright or
dim lights?

cool or
warm light?

natural or
artificial light?

light or
dark mode on tech?

visual clutter or minimalism?

clear or
opaque containers?

visual movement or stillness?

You can gather data from these micro experiments and batch needs/changes (steps 3-5) or make one small change at a time.



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# Experiment Worksheet

**First think of an area you want to run an experiment. E.g:**

sensory needs , spins (special interests/passions), stims ,

social needs & neurodivergent love languages,

1. **My experiment is on:**

2. **My hypothesis/ hypothesies is:**
   I wonder

3. **In a __ minute test I learned:**

4. **My needs are:**
   OK =

   Not OK =

   Accommodations/supports I already use are =

5. **Based on this learning I will try:**
   At/With _____ I will _____
   instead of
   _____

6. **This felt (circle)**
   better / worse / about the same
   If better = how can you do it more?
   If worse or the same = how can you do it different?



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# The Me Map

As you learn more about yourself - pop your likes, dislikes, needs and accommodations on this page. It is blank on purpose so you can organise it in a way that works for your brain (draw, write, mind map, lists)



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# Change Mindset

Change can be hard (for you and others) and that is OK. To reduce resistance here are some affirmations to use with your inner voice and scripts to use with other people (and space to write your own if you like)

### Affirmations to support unmasking experiments

- I am curious and I am capable of change
- When change feels hard - it means I am growing
- Other people's expectations are not mine to hold

Write your own if you like:

### Scripting to support unmasking experiments

- I have learned that _____ is really tiring/difficult for me. Could we try _____ instead?
- I have learned my brain works best when I _____ so I will be trying _____ from now on.
- I am focused on conserving time/energy/money/_____ right now. So I am going to decline.
- We all have different ways of doing things.
- It is Ok that we like different things.

Write your own if you like:



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