



## ***A Grounding Guide:***

# **Autistic Women Recovering From Childhood Trauma**

Many autistic women who experienced childhood abuse learned to survive through people-pleasing and masking their authentic selves. This guide offers gentle, neurodivergent-friendly practices to help you reconnect with your body, reclaim your identity, and restore a sense of safety and belonging.

### **Experiment with Self-Soothing**

- Use deep pressure tools like weighted blankets or compression clothing.
- Try rhythmic movement – rocking, pacing, tapping, or gentle swinging.
- Listen to one comforting sound or song on repeat for grounding.
- Experiment with warm baths, cool compresses, or holding an ice cube to shift states.
- Create a sensory kit with calming textures, scents, or fidgets.

### **Reconnect with Your Authentic Self**

- Keep a ‘preference journal’ - note colors, foods, sounds, and textures you genuinely enjoy.
- Set aside ‘mask-off’ hours where you don’t perform or socialize.
- Engage in creative play - painting, music, gardening - without judging the result.
- Speak kindly to your inner child. Remind her she no longer needs to earn love.

### **Use Somatic Release Practices**

- Gently shake out your hands, arms, or whole body after stress.
- Use progressive muscle relaxation or stretch intuitively.
- Pair breath with motion: sigh audibly, hum, or exhale while pressing palms into a wall.
- Ground in nature - walk barefoot, lean against a tree, or notice textures under your hands.





## Relearning Safety in Connection

- Practice expressing small preferences or opinions with trusted people.
- Notice moments where you feel seen or heard without needing to perform.
- Allow yourself to receive comfort and reassurance from safe relationships.
- Seek out other neurodivergents to connect with through therapy, peer groups, or online communities where you don't have to mask.

## Journaling Prompts

- What does safety feel like in your body?
- What is one thing you can do to help yourself feel even 1% more comfortable right now?
- What activities or sensations help you feel most like yourself?
- When was the last time you said no - and what emotions did it bring up?
- What small boundary could you practice this week?

*Healing from trauma and masking isn't about forcing change - it's about slowly creating space for the real you to exist safely, to be loved by self and others.*

