

PDAers are also bright, loving, charming, polite, rule enforcers (in others), funny, great negotiators, unique, likely to stand up for vulnerable people, enforcers of fairness, good in emergencies, natural leaders and teachers and trend setters. They can also be vulnerable, easily led, hard headed, oppositional, overly friendly, rule breakers, weak at group work (unless in charge), prone to emotional outbursts and impulsive.

For more information on PDA, please visit the PDA Society's website:

[www.pdasociety.org.uk](http://www.pdasociety.org.uk)

You can also visit my blog at:

[www.dragonriko.wordpress.com](http://www.dragonriko.wordpress.com)

*PDA*  
*Pathological Demand*  
*Avoidance*

An information leaflet on Pathological Demand Avoidance, what it is and where to find more information about it.

PDA is a sub-type of Autism, characterised by a pathological need to avoid everything and anything in life (aka Demands).

The need to avoid creates anxiety, low self-esteem and a desire to control one's environment, including the people in it.

PDAers typically display Demand Avoidance in a great number of forms from simple refusal, walking/running away, ignoring, manipulation of others, controlling behaviour, withdrawal (shutdown) and outbursts (meltdown).

Quite often this behaviour looks like defiant or naughty behaviour but is actually the body's defence against what it perceives as a threat.

PDAers display many of the typical traits of Autism alongside some unique characteristics. These include role play/vivid imagination (often used as a coping mechanism or avoidance tactic), resistance to imposed routine, preference for change, appearing to be sociable but lacking depth (masking), emotional dysregulation (usually described as Jekyll and Hyde behaviour) and thinking of themselves as equal to adults ("does he know he's a child?").