

WHAT IS PDA?



“I am pre programmed to question rules and find creative alternatives.”

“It’s really hard holding it in all day.”

“Understanding our neurotype and creating a life that works with us and not against us has given us both the freedom and autonomy that we need to thrive. We are proud of our neurotype and the different way we perceive and experience the world because of it ”

“I’m proud to be a PDAer because it drives me to fight for the underdog and not give up.”

“I’m scared, everyday I’m scared”.

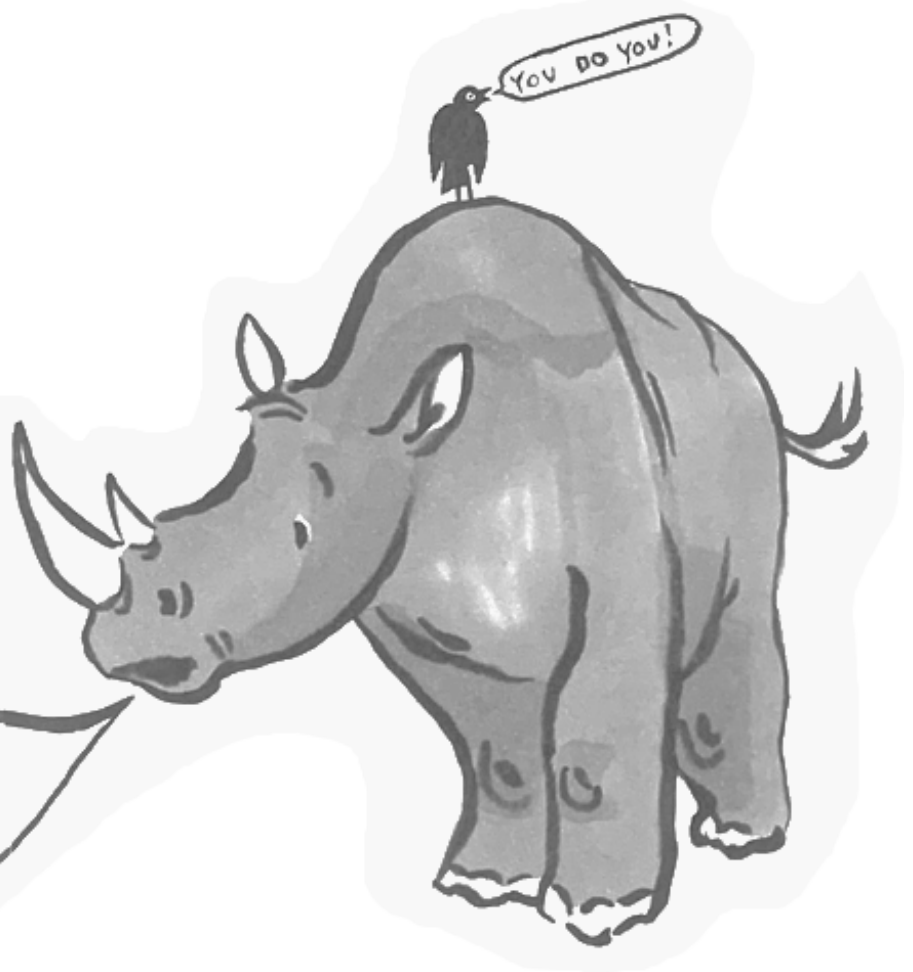
“DON’T EVEN THINK ABOUT SAYING YOUR THE ADULT AND I’M THE CHILD COS I THINK YOU’LL FIND WE ARE BOTH HUMAN BEINGS WITH EQUAL RIGHTS”.

PDA stands for “Pathological Demand Avoidance.”

PDA is a name that’s been given to a particular way that brains can be set up. Their specific brain wiring causes people with PDA to get very stressed when they feel they are expected to do something or to be a certain way. They are often very afraid of failing and disappointing themselves and others.

“Demand avoidance makes it sound like I’m avoiding things on purpose, but I literally have no choice in it whatsoever. So I prefer to call it demand anxiety.”

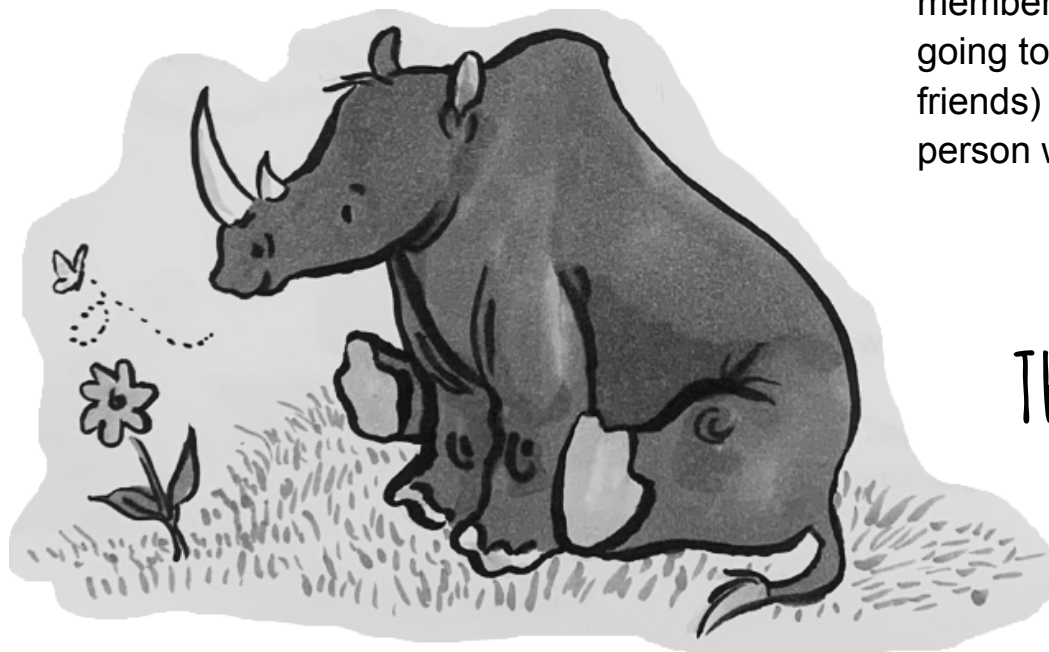
For people with PDA, this makes everyday tasks REALLY stressful, and, therefore, REALLY hard to do.



Everybody feels pressured by other people and by society to act in particular ways, to follow particular rules, and to be a particular person. Everyone is afraid, to some extent, of letting people down if they don’t do these things. People with PDA feel these same things, but EXTREMELY EXTREMELY a lot.

PDAers even have this intense negative reaction to demands that they themselves WANT to meet. They often really want to do it (be productive, follow directions, go to school, do homework, have a job, etc.) but they cannot, because their anxiety is so intense. There is an incredibly strong feeling of “I can’t have my freedom taken away!”

PDAers are sensitive and pick up on a lot of things that other people miss.



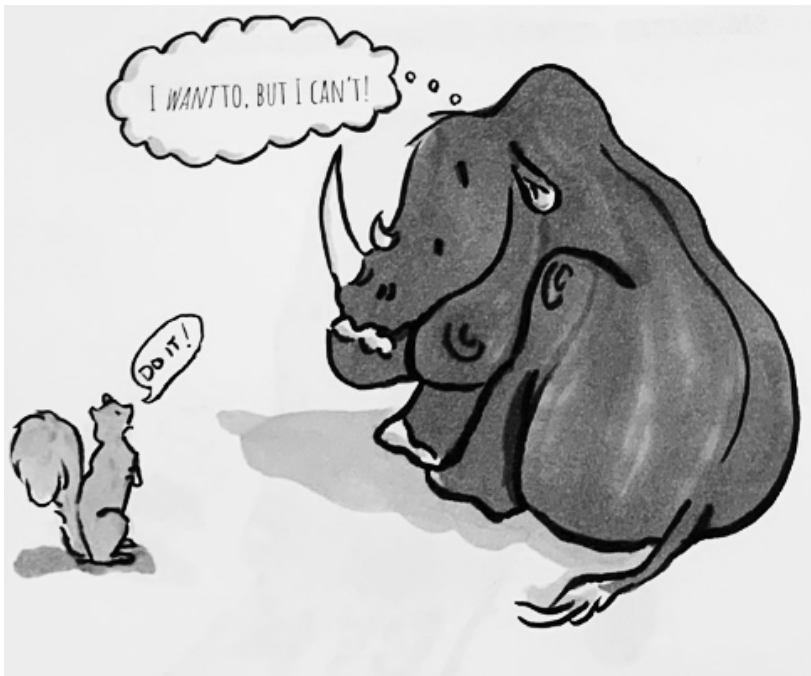
Most activities involve pressure to do or be something. Sometimes this pressure from society or other people is hard to see. People with PDA are super aware of it though, and it feels *intense*. They are also really sensitive to this pressure *from themselves*. They pressure *themselves* to be and to do things that they want or that they think other people want or expect them to.

All this pressure makes things that might seem easy to an outsider (like going to school, calling a family member, getting ready for bed, brushing their teeth, going to an after-school activity, or hanging out with friends) super complicated or even painful for a person with PDA.

THAT'S A LOT OF PRESSURE!

If these “simple” things can be super hard for a PDAer, imagine how things that are stressful for others feel to them!

People with PDA often report that the stress of feeling pressured (by others *OR* themselves) often makes them freeze up and keeps them from doing even the things they *want* to do.



THE PERKS OF PDA

In addition to these things, people with PDA like people a lot and want to have close relationships. They care *deeply* about others.

They need a lot of personal control in their lives and learn and work best when they can work independently or collaboratively instead of being told what to do. They don't need a lot of oversight or direction.

They like to play; to play pretend, to play with words, and to make jokes. They are great at imagining and envisioning.

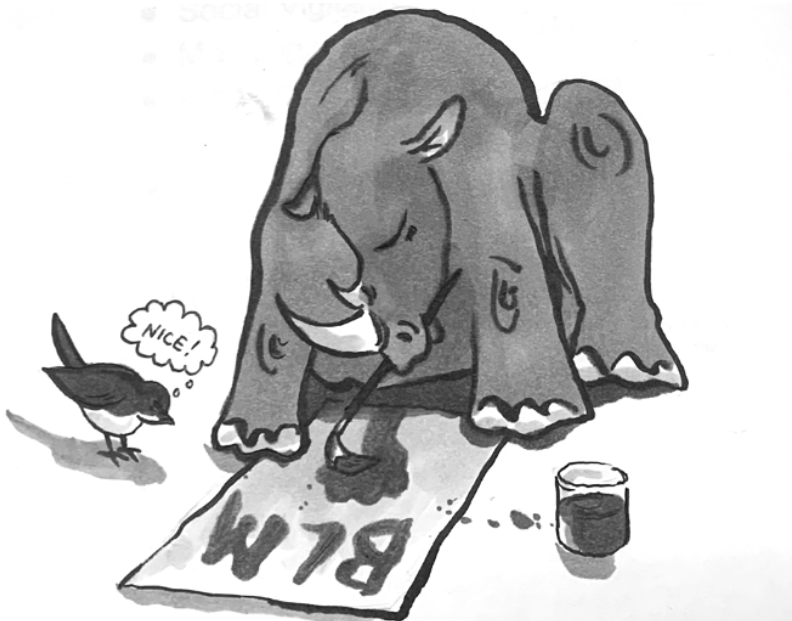
They like novelty and are good at finding new ways to do things.

They are good at “seeing through” people and are not easily fooled by appearances.

They have a strong sense of justice (and injustice) and are champions for other people when others are vulnerable.

They know who they really are and have a strong sense of self. Their thinking is not easily influenced by others.

They are also especially creative, passionate, and intelligent.



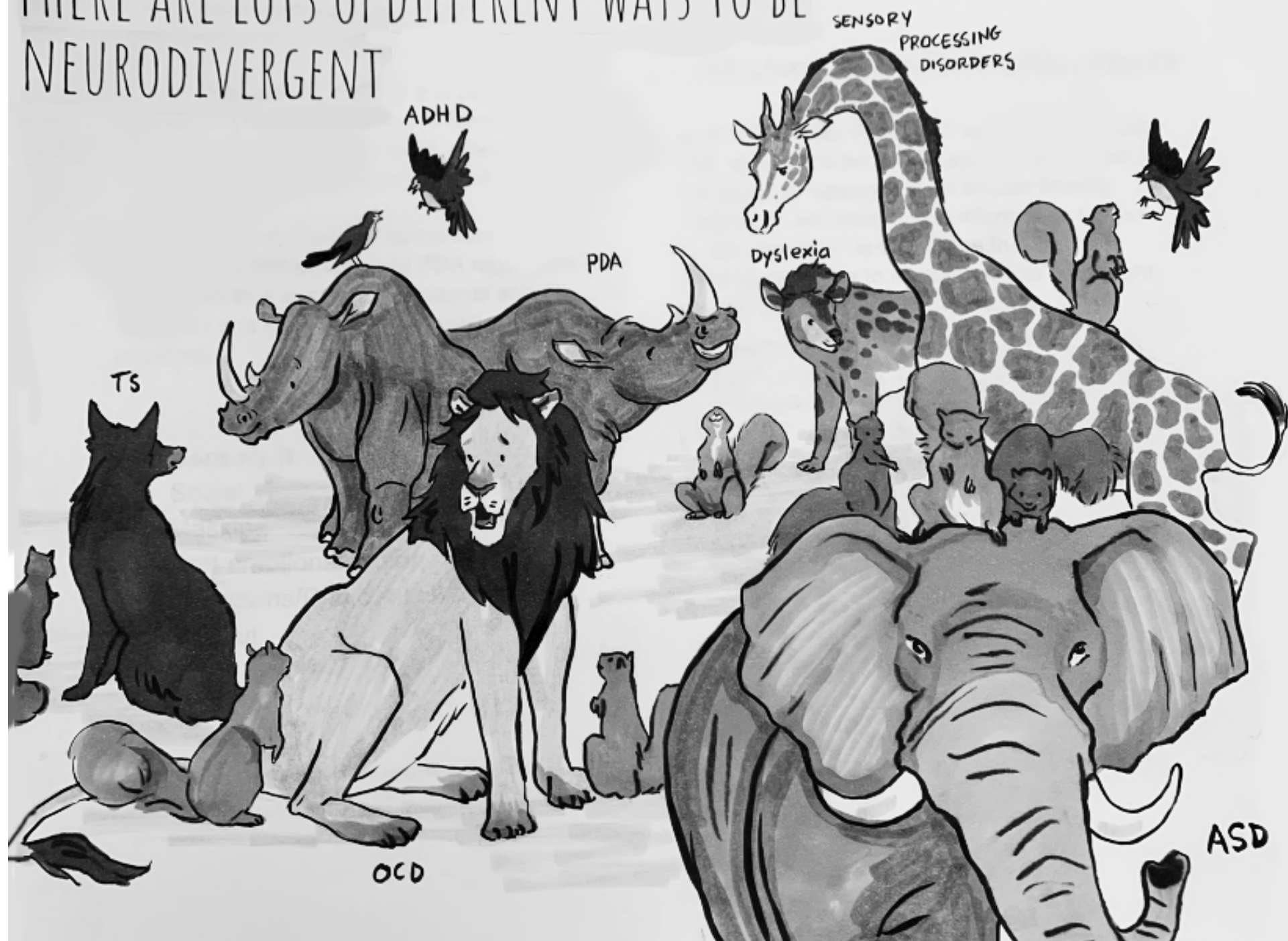
A Note On “Neurotypicals”

“Neurotypicals” is a term for people whose brains and nervous systems develop in a pretty common way. “Neurodivergents” is a term for people whose brains and nervous systems develop in ways that are pretty unique and different from that of “neurotypicals.”

There are lots of different ways for people to be neurodivergent. Some of these different developmental patterns also have names; ADHD, OCD, PDA, and Autism are some of them. Both neurotypicals and neurodivergents have strengths and weaknesses. The challenge with being neurodivergent is that the world tends to be better set up to support neurotypicals. This means that neurodivergents* often need more support than neurotypicals to navigate this world that is not well set up for them.

*I am neurodivergent and am pretty aware of both the benefits and the challenges this has brought and brings me if you want to talk about that ever

THERE ARE LOTS OF DIFFERENT WAYS TO BE NEURODIVERGENT



It's only been pretty recently that people have recognized the PDA pattern, so there's a lot we don't know about it yet.* I expect there will be a LOT of information coming out in the next few years about it though.

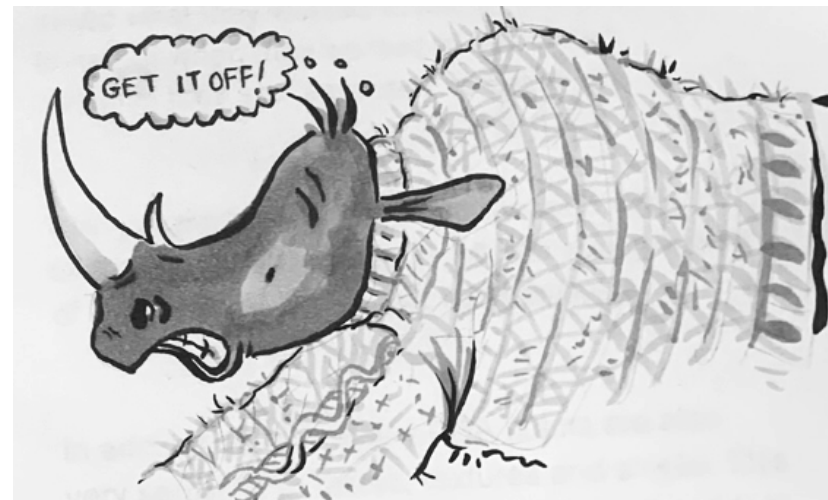
That being said, there are some common experiences that people with PDA report having in addition to their sensitivity to internal and external demands and the anxiety that results from that including:

- Sensory Issues
- Social Vigilance
- Masking
- Fast emotional changes
- Meltdowns/Panic Attacks
- Burnout

*For example, in most places that are currently recognizing PDA as a diagnosis, it's classified as a kind of autism, but there isn't complete agreement on this or a clear understanding of how the two things are or aren't related.

SENSORY PROCESSING CHALLENGES

Most people with PDA have sensory processing challenges. The brains of people with sensory processing challenges have trouble filtering, organizing, and interpreting information taken in by the senses. This can cause them to have extreme reactions to sensations like bright light, noises, smells, tastes, and textures.



To someone with PDA, an itchy sweater might feel like a hot stove, and things like loud sirens or certain food textures might actually be painful.

Some people with sensory processing issues also underreact. They might keep their hand on a hot stove or eat lemons because they don't register pain or sourness the way other people might because their brain is set up differently.



Sensory processing challenges both cause anxiety and add to existing anxiety. If our experience of sounds, textures, and noises is painful, overwhelming, or confusing, it also makes it hard to do other things.

A Note On Food

Folks with PDA can have lots of problems with food.

First of all, if they feel like food is attached to a demand, their PDA can then make the food feel or taste bad. This could be because they weren't asked what they wanted to eat, or if they wanted to eat, or when they wanted to eat, or just because they are "expected" to eat at all.

Being expected to like certain foods can also cause PDAer's brains to revolt and eating in front of other people might also be stressful.

In addition to that, many PDA brains are also very sensitive to tastes, textures and smells. This means that foods that might taste, smell and feel fine to other people, might be gross to them.

SOCIAL VIGILANCE

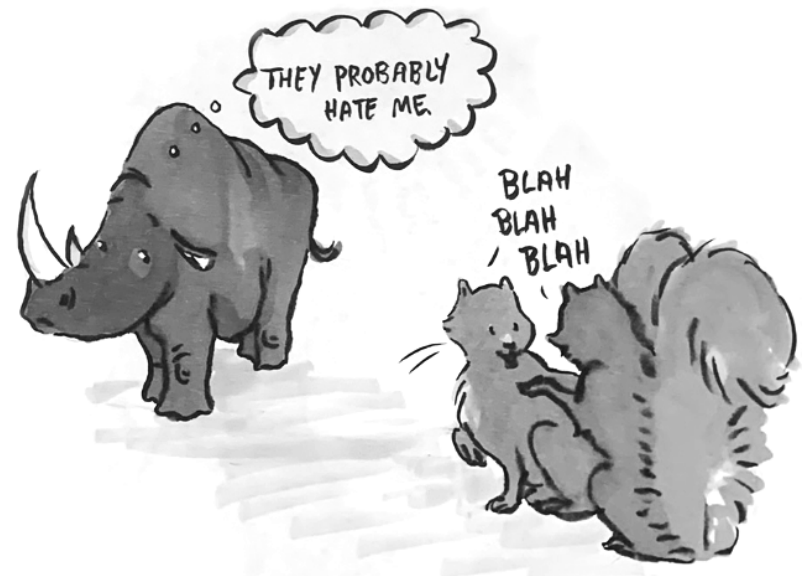
People with PDA are extremely aware of other people. They are generally *more* aware of them than neurotypicals are. This can be great, in that people with PDA definitely notice what another person is feeling. This means they can show up for their friends when they are sad, vulnerable, scared, or upset.

This can be problematic for people with PDA too. Because PDAers are aware of these things (and also keep close track of things like other people's eye contact and body language) they often easily feel judged, exposed, or rejected by other people, sometimes when none of those things are actually happening though.

PDAers really like people and want close relationships, but their sensitivity to other people and their emotions can make interacting tiring, overwhelming, and/or scary.

PDAers might also:

- Find it difficult to understand what other people want.
- Want to get along well with people, but don't know how or what to say.
- Want to seem the same as other people.
- Want to hide how they are different from others.
- Feel very strongly attracted to someone so that they can't stop thinking about them.



MASKING

Most people with PDA say they do something called “Masking.” It’s exactly what it sounds like. Masking means hiding our true feelings behind a display of emotions that we don’t really feel.

Everybody masks sometimes, but most PDAers say that they mask almost ALL the time.

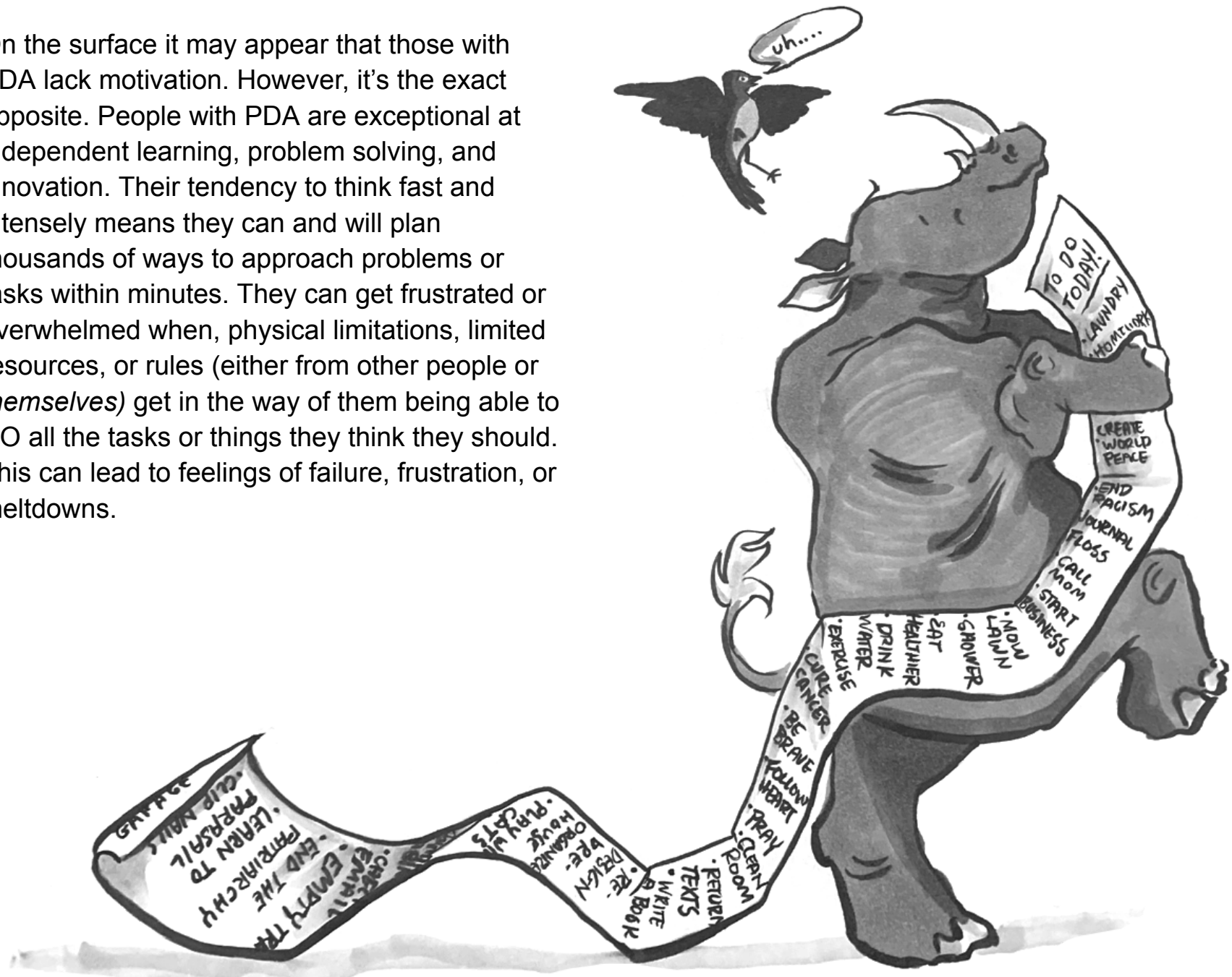
Often PDAers say that the mask they present is happy and calm, but that it hides stress or even anguish. People mask to fit in, get along with people, to try to not stress other people out, and/or to hide vulnerability and feel in control.

Sometimes masking is helpful, and sometimes it feels bad. Either way, masking takes energy and can leave us feeling tired. It might also make us afraid that if people knew the “real” us that they wouldn’t actually love us.



MOTIVATION

On the surface it may appear that those with PDA lack motivation. However, it's the exact opposite. People with PDA are exceptional at independent learning, problem solving, and innovation. Their tendency to think fast and intensely means they can and will plan thousands of ways to approach problems or tasks within minutes. They can get frustrated or overwhelmed when, physical limitations, limited resources, or rules (either from other people or *themselves*) get in the way of them being able to DO all the tasks or things they think they should. This can lead to feelings of failure, frustration, or meltdowns.



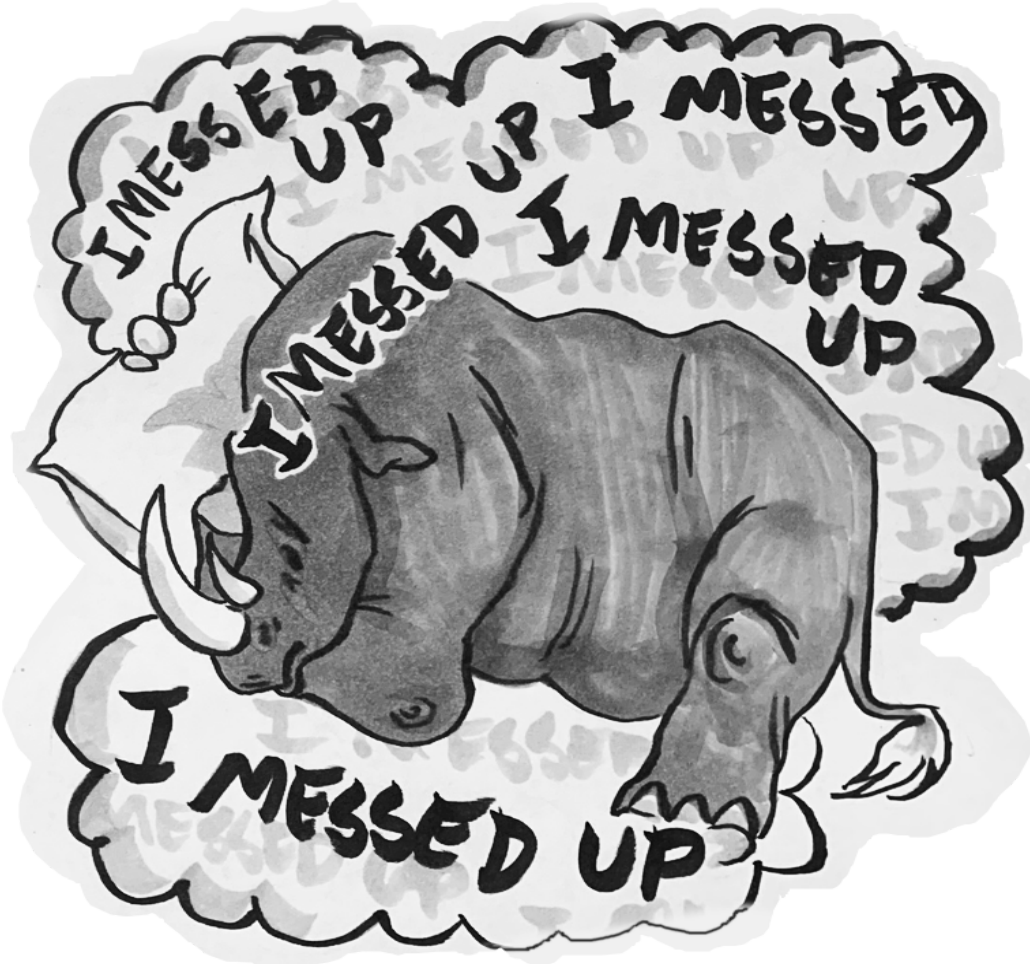
PERSEVERATION

Unfinished tasks, unsolved problems with planned out solutions, and incomplete routines or changes in routines can lead PDAers to persevere.

Perseveration is simply repetitive behaviors or thoughts that a person keeps repeating without meaning to. Some examples include saying the same words, moving in the same pattern, or thinking the same unhelpful thought long after whatever prompted the activity has passed. When any of us are stressed, our minds can get stuck in a loop (i.e. we persevere).

For PDAers (who experience a LOT of stress) this happens often (some people with PDA say it's ALWAYS going on). This might feel something like having 20 TVs with different shows and volumes playing all at once inside your head.

In addition to keeping the stress going, perseverating is tiring, and can be confusing or distracting. When someone is perseverating, it might also look like they're listening, but internally they may be stuck in a thought loop or loops and they might miss information or make things hard to remember.



THE EMOTIONAL ROLLER COASTER

Because people with PDA are coping all the time with a lot of stress and anxiety, things that add to that stress can change their mood VERY quickly. A PDAer might seem happy and relaxed, but if asked, for example, “What do you want for lunch?” they might immediately feel overwhelmed and spiral down into stress. (“But I don’t KNOW what I want! Nothing sounds good, but I have to make a decision! This other person is waiting on me and they’re probably getting annoyed at me! I hate being this way! I hate myself!”)



These big, fast emotional shifts happen a lot for PDA ers and can lead to...

MELTDOWNS/PANIC ATTACKS

Meltdowns or panic attacks happen when PDA brains are so overloaded by stress that they can’t cope anymore. Meltdowns are driven by anxiety and they make the people having them do and say things they can’t easily control (or can’t control at all). Meltdowns or panic attacks can include behaviors and experiences like:

- Voices in your head telling you how bad you are
- Feeling “wrong” in your body
- Yelling or screaming
- Hitting people or things (including yourself)
- Self-harming in other ways
- Breaking objects
- Running away
- Crying
- Arguing
- Demanding things you don’t want
- Saying things you don’t mean
- Not being able to talk or move
- Feeling completely out of control or “taken over”



During a meltdown, our body is in a total state of fight, flight, or freeze. People who don't understand PDA can be surprised when PDAers have meltdowns after they have had a lot of demands put on them to be or to act in certain ways. Other people are also often scared and upset by meltdowns/panic attacks, but they *can* help. If they understand that PDAers can't help what they are thinking, saying, and doing during a panic attack, others can reassure them, keep them safe, give them space, remove demands, and help them gently to regulate their bodies and brains and gain control again.



BURNOUT

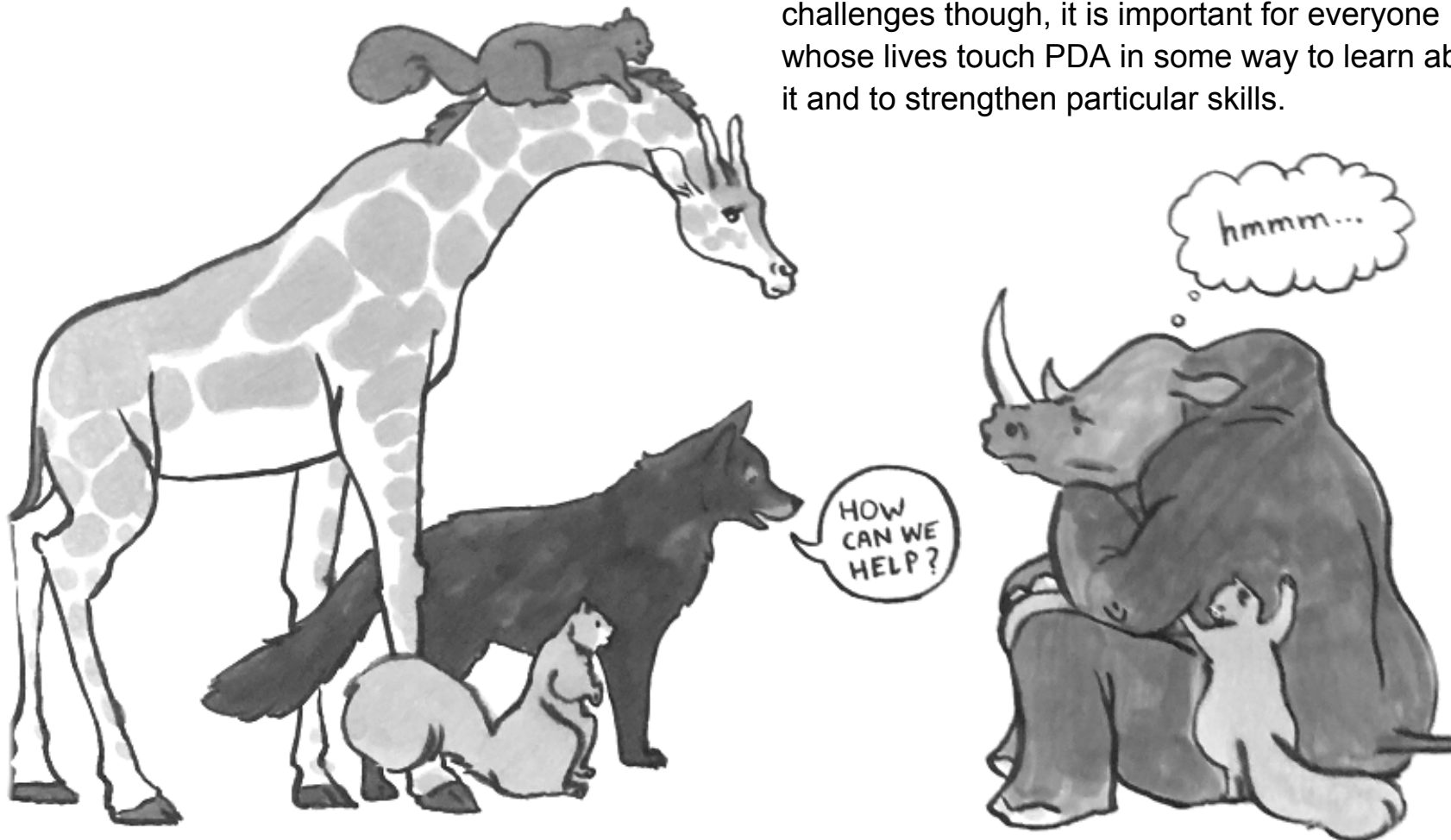
If people with PDA have too many demands put on them by themselves and others for too long, they can end up in a state called “burnout”. Burnout is when someone’s ability to do things basically shuts completely down. People in burnout have a really hard time participating in ANY activities or interactions at all. Being in burnout is hugely depressing for most people. Not only can’t they do the things they want to do, which sucks, but they also feel guilty and ashamed about the fact that they can’t do anything.

If other people can back off and let the PDAer recover without any demands (no school, job, responsibilities etc.), burnout usually goes away on its own. It can take a long time to recover though and burnout can be super damaging to relationships, life goals, and (if the person is an adult) their income.

Since meltdowns, panic attacks, and burnout all feel HORRIBLE, it's good to understand what can cause them and try to avoid them. The last section of this book will talk about how people with PDA and the other people in their lives can work together to help PDAers avoid these states and to help them to be as happy and unstressed as possible.

LIVING WITH PDA

Since PDA is a way that your brain is set up, it can't be cured, nor would we want it to be. PDA is an essential part of someone's personality. Since living with PDA comes with a unique set of stresses and challenges though, it is important for everyone whose lives touch PDA in some way to learn about it and to strengthen particular skills.



A Note On “Spoon Theory”

Everything you do requires energy, from brushing your teeth to having a deep conversation. Spoon theory uses spoons as a metaphor for how much energy such tasks require. Getting dressed, taking medication, or watching television may use one spoon. Hanging out in a group, going to school or therapy, or traveling may take five or more.

According to spoon theory, different people have different numbers of spoons AND different people need different numbers of spoons to do the same tasks. Most neurotypicals, for example, wake up with enough (or more than enough) spoons to tackle the expectations of their day. They can tend to their body, chores, school, personal interests, and relationships and not worry that they'll run out of energy. But many neurodivergents may wake up with a *limited number* of spoons. They may also need to use *more* spoons to do the same tasks as neurotypicals. Neurodivergents are also using spoons to deal with things that neurotypicals

don't have to deal with like sensory processing challenges, social anxieties, and masking.



If anyone tries to use more spoons than they have, they may have a meltdown, panic attack, or collapse into burnout where they are unable to do anything more. We may also pay for the overuse of our spoons by having even worse symptoms and fewer spoons the next day.

Having a sense of what kinds of activities, which settings, and which people use up the most of your “spoons” can help you plan your time and prioritize how you are spending energy.



LOW DEMAND ENVIRONMENT

Since demands and expectations are hard and stressful for people with PDA (they use a LOT of spoons), having a life with as few of these as possible is hugely important for their mental health. Unfortunately, life is FULL of demands and expectations. It takes creativity, knowledge and some cooperation from other people to decrease them.

One thing for both you and the people in your life to consider is to pick your battles. Which activities are absolutely necessary (eating, sleeping, staying safe etc.), which are less important but still important (school, hygiene, exercise etc.) and which don't matter much (which clothes you wear, what you do in your free time, social obligations, homework)? Are there things you can let yourselves off the hook from entirely?

For kids with PDA, it's SUPER important that their parents, carers, and teachers ask themselves those same questions, then drop demands and expectations when and where they can to help PDAers reduce their anxiety and conserve their energy.

Some other ways to do that is for these folks to build in choices around demands where they have to happen (i.e. "You do have to go to OT, but you can pick which OT you go to."), to collaborate and cooperate wherever possible, and to ALWAYS explain the reason behind things that are not negotiable.



It is much easier for ALL people, but especially people with PDA, to do things if they have a choice. Other people can give us choices, but we can also remind ourselves we have a choice, and we do. We always have a choice. (For example, going to work. I often FEEL like I have to go to work, but I actually don't. Sometimes it IS helpful to remind myself, "I don't have to go to work. There will be consequences if I don't, but I don't HAVE to." Then I ask myself, "So, would I rather go or accept the consequences of not going?" Sometimes the answer is to do it, and sometimes it's not, but, either way, remembering that I do have a choice helps.)

Sometimes, when we remind ourselves that we DO have a choice, our demand avoidance goes away. All of us need to have our needs met and knowing that they need a life with low demands, lots of choices, cooperation, and control can help PDAers explain these needs to their friends, families, partners, teachers, therapists, and employers.

Once others understand these needs, they can support folks with PDA in getting them met. Because PDAers are so much more sensitive to demands than neurotypicals, PDAers can help neurotypicals see when they are being demanding. (Because, even if they want to help lower demands they often don't realize they're being demanding in the first place.)



QUIET TIME

People with PDA need a lot of time where they can be alone and not feel like they need to be or do anything. They are NOT being lazy. Other people sometimes think that though, and people with PDA may sometimes internalize that and think it about themselves. They aren't though.

The truth is that PDA brains need lots more quiet time than other types of brains. Other people don't need as much quiet time as PDAers, because they are not spending so much of their time and energy fighting stress and resisting demands.

Knowing this about themselves is important for PDAers so they can build that time into their lives, tell other people about this need of theirs, and (hopefully) avoid feeling bad about it.

Knowing PDAers need quiet time can also help others support PDAers in getting it.

Quiet time and other self-soothing and self-regulatory activities can help PDAers replace “spoons” that they have used during the day.

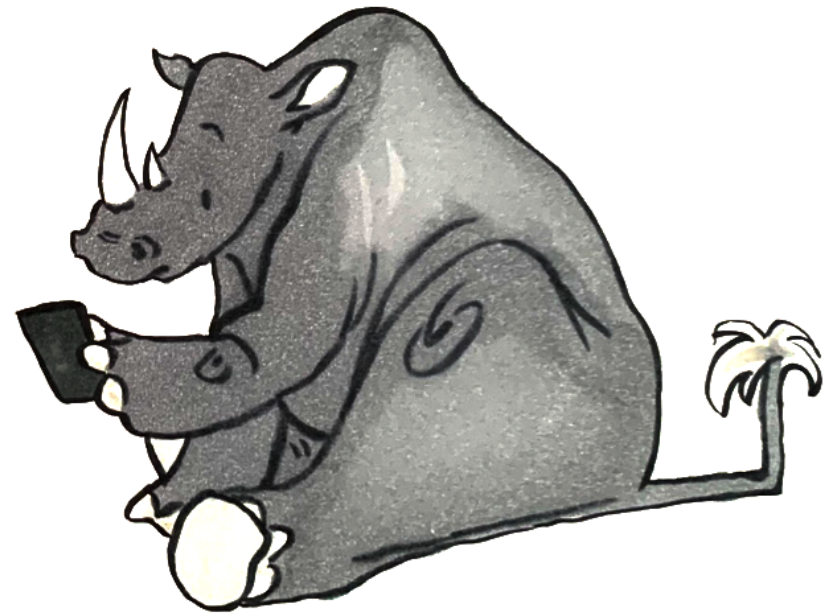


SELF-SOOTHING ACTIVITIES

It's good for EVERYONE to have a “toolbox” of self-soothing and self-regulating strategies for when life gets stressful. This is ESPECIALLY important for people with PDA as they just happen to be more stressed than most people most of the time. There are a lot of activities that are great for de-stressing. Some common ones that people both with and without PDA find helpful are:

- Breathing exercises
- Meditation
- Visualization exercises
- Sensory stimulation like a hot bath, shaking, aromatherapy, jumping, stimming etc.
- Cuddling
- Being with animals

- Listening to music
- Art or creative projects
- Screen time
- Exercise
- Cutting off sensory input (i.e. hanging out in dark, quiet, still spaces)



STIMMING

Another way that a lot of people with PDA regulate themselves is by stimming. Stimming – or self-stimulatory behavior – is repetitive body movements and/or noises that help people relax, reduce stress, manage strong emotions, and help with sensory processing challenges.

Many people with PDA “stimm”. Stimming might include finger-flicking, hand-flapping, drumming, rocking back and forth while sitting or standing, and/or repeating nonsense noises or phrases. Stimming is generally a pleasurable and helpful behavior.

For people who live with so much anxiety it's hard for them to feel their stress (like a lot of people with PDA), stimming can also be an indicator to them of their own anxiety level.

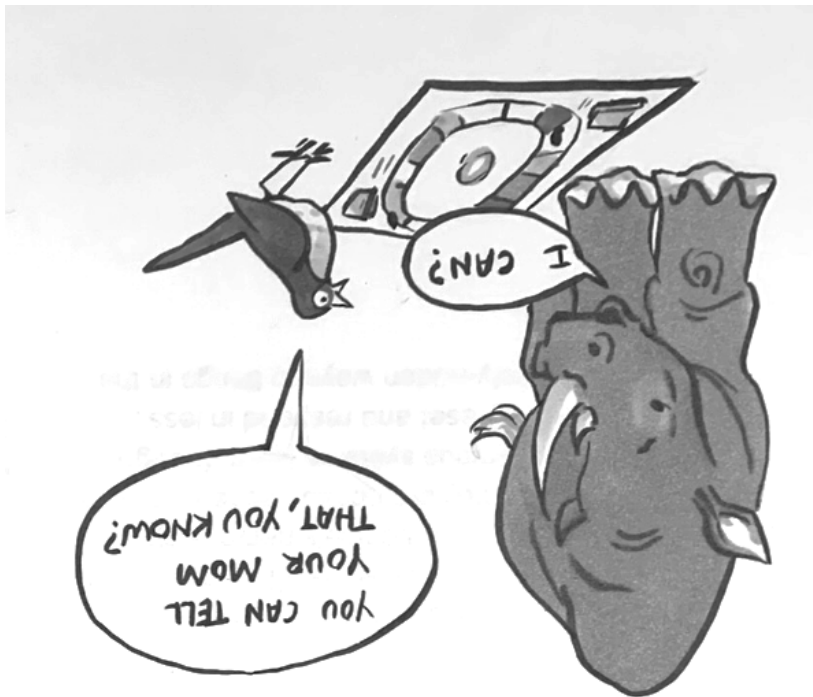
THERAPY

Just like therapy can be helpful for anyone to help them develop life skills, improve their relationships, learn to befriend themselves, or work through their fears and hurts, therapy can be helpful for folks with PDA. While many people (maybe most) also experience resistance to therapy, people with PDA are even MORE resistant, because therapy and all that it entails is just another demand in an already giant landscape of demands.

For therapy to be helpful for someone with PDA, it should be as low-demand, collaborative, and choice-filled as possible. The therapist should be someone who is knowledgeable about PDA and its particular stresses. Most of all, the therapist should be someone who the PDAer likes and trusts.

Therapy is a setting basically designed to push all the PDA buttons in a bad way, so a knowledgeable, kind, and trustworthy therapist is a must.

That being said, many PDAers report various kinds of therapy having helped them a lot in terms of: reducing their sensory overload, understanding their own triggers, helping them learn self-soothing and recovery techniques, helping them to have a more loving relationship with themselves, developing kinder self-talk, and practicing advocacy and negotiating skills to help improve their lives.



A Note On OT

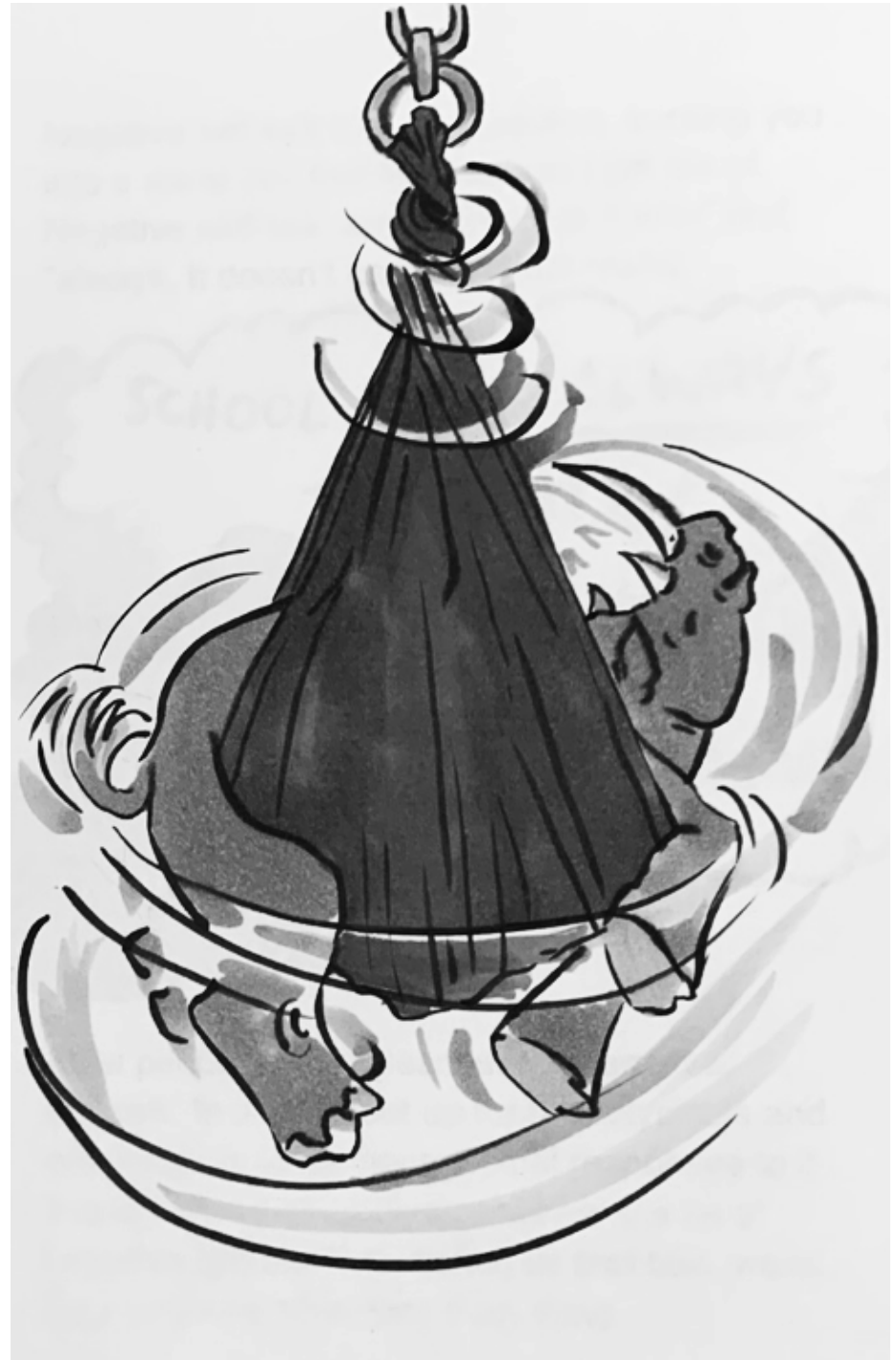
Occupational therapy (OT) can help specifically with sensory processing challenges. Occupational therapists work with people to figure out what their sensory challenges are and develop programs to help peoples' brains adapt so they can process and react to sensations more efficiently.

OT therapists often start with simple activities then slowly move toward more complex ones. They often have people do things like:

- Paint with their hands with shaving cream
- Crash into cushions or foam pits
- Play with slime
- Roll, sit, or balance on balls
- Spin in a sling

- Brush their skin with a soft-bristled brush
- Carry weights upstairs
- Eat crunchy or chewy food
- Run obstacle courses
- Swing

Occupational therapists DON'T necessarily have people do things that make them feel bad. They DO know ways to help people's nervous systems "reset" so that stimuli are not so intense. In time, most peoples' nervous systems learn through these activities to reset and respond in less painful and anxiety-ridden ways to things in the environment.



SELF TALK

Self-talk is the way you talk to yourself, or your inner voice. You might not be aware that you're doing it, but, as your inner voice combines conscious thoughts with inbuilt beliefs and biases, it creates an internal monologue that pretty much goes on all the time.

Self-talk is important because it has a big impact on how you feel and what you do. It can be supportive and beneficial; motivating you, or it can be negative and undermine your confidence and ability to act.

Negative self-talk is when your inner voice is excessively negative, sounding more like an inner critic. It is pessimistic and focuses on the bad. It can destroy your confidence and stop you from doing things you may want to do. It can make you feel like you are going to fail before you start.

It can sound like, “I’m never going to be able to do this”, “I suck”, or “Nothing will ever get better”.

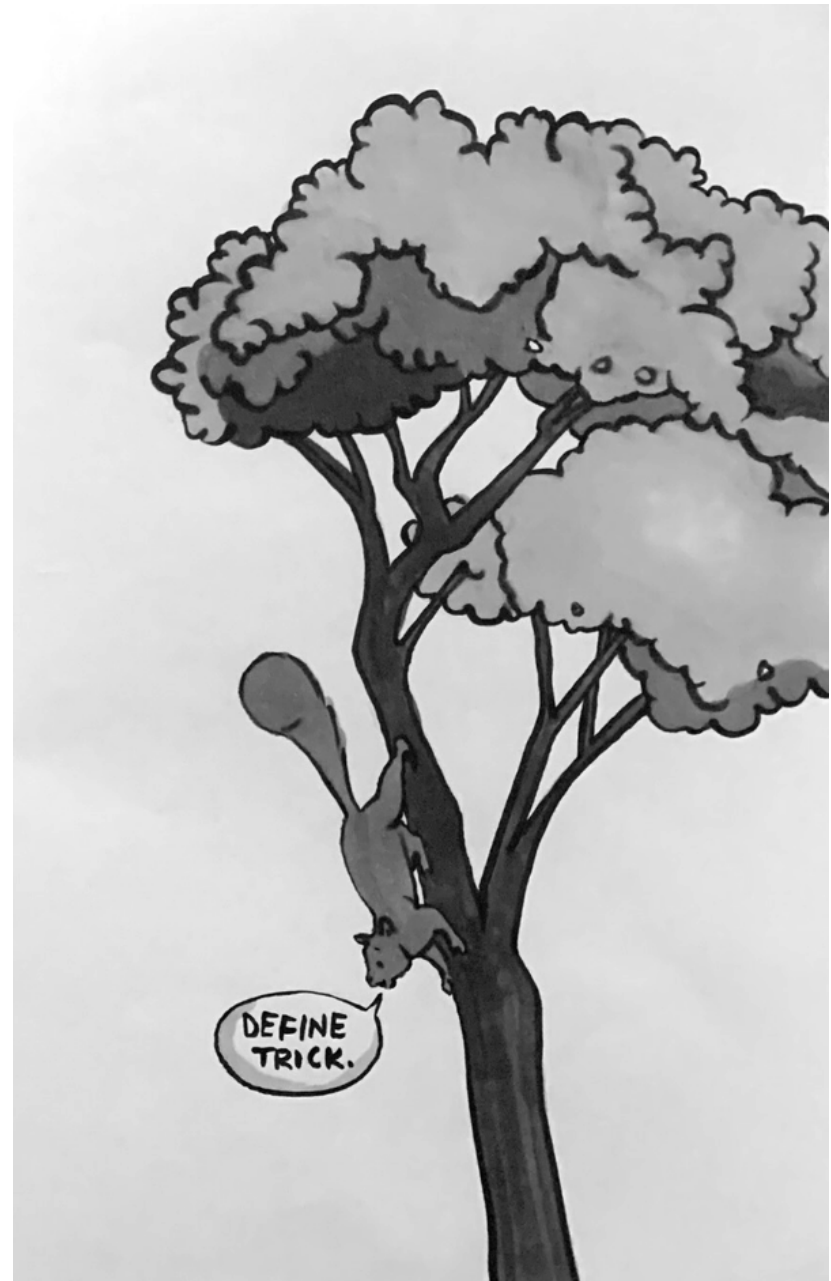
Negative self-talk can be repetitive, sucking you into a spiral you feel like you can’t get out of. Negative self-talk uses words like “never” and “always”. It doesn’t usually reflect reality.



Most people have at least some negative self-talk. In a world set up for neurotypicals and organized to value neurotypical responses to it though, many neurodivergents have a lot of negative self talk that makes us feel bad, weird, lazy, or some other less-than thing.

The truth of ourselves is so much more complex, beautiful, and interesting than our negative self-talk wants us to think though. This is true of EVERYBODY.

Whatever it sounds like, our self-talk impacts our life a lot. If someone is following you around all day every day telling you that you suck, whether that voice is on the outside or the inside, your life is going to feel pretty bad. Having some tools to identify and challenge negative self-talk is handy for everyone. On the next page is a list of things you can try if you want ideas on how to cope with negative self-talk. You don't have to look at it.

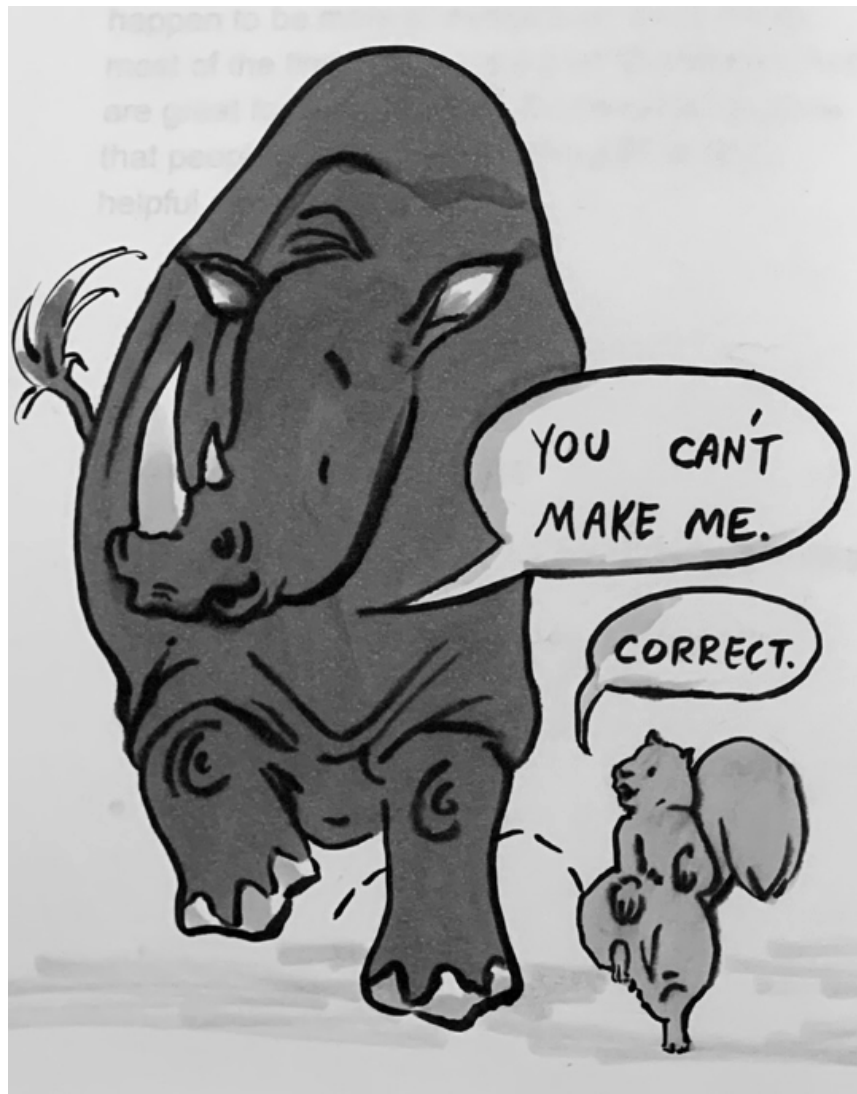


- Try to be aware of what you're saying to yourself. Just stopping and recognising your thoughts can help.
- Try asking yourself if you would talk like this to someone else?
- Try asking yourself, "Is that true?" (Often it's not.)
- Try asking yourself if there's another explanation or way of looking at it.
- Try reminding yourself that many things you worry about aren't happening now and don't actually happen.
- Try reminding yourself that negative self-talk is exaggerated.

- Try asking yourself, "Will this matter in a year?"

Try imagining the thought being stopped or squashed etc. — or by having a gesture that does that.

It can take some time to recognise your negative thoughts. Over time you can even try replacing the negative thoughts with more loving ones too. Practice makes it easier. There's a list of things you could practice if you wanted to on the next page.



- Try saying to yourself what you might say to a friend in your situation.
- Try saying to yourself what you might say to your child in your situation.
- Try reminding yourself to be gentle with yourself.
- Try reminding yourself of the things you do or have done well.
- Try reminding yourself about all the people who love and care about you.
- Try reminding yourself of positive things that people you love have told you about you.

Try imagining yourself being held, loved and accepted — or by having a ritual that does that.

While noticing, questioning, talking back to and replacing negative self-talk are hugely helpful skills for anyone and everyone, they might be especially important for PDAers and other neurodivergents because we often get the message from the outside that there's something wrong with us. If you get that message from the outside, it's basically impossible for that voice not to move into your head too. It's hard to live in a world that's not especially well-designed for our brains, which means neurodivergents need to be especially gentle, loving and forgiving with ourselves.

Everybody has weaknesses and everyone messes up. There are things we can't do. There are things we do that we regret and things we *didn't* do that we regret *not* doing. There are days when we just can't. We say stupid things and make bad choices. Some of those things we could have controlled, some we couldn't have. All of this is annoying and sometimes downright painful.

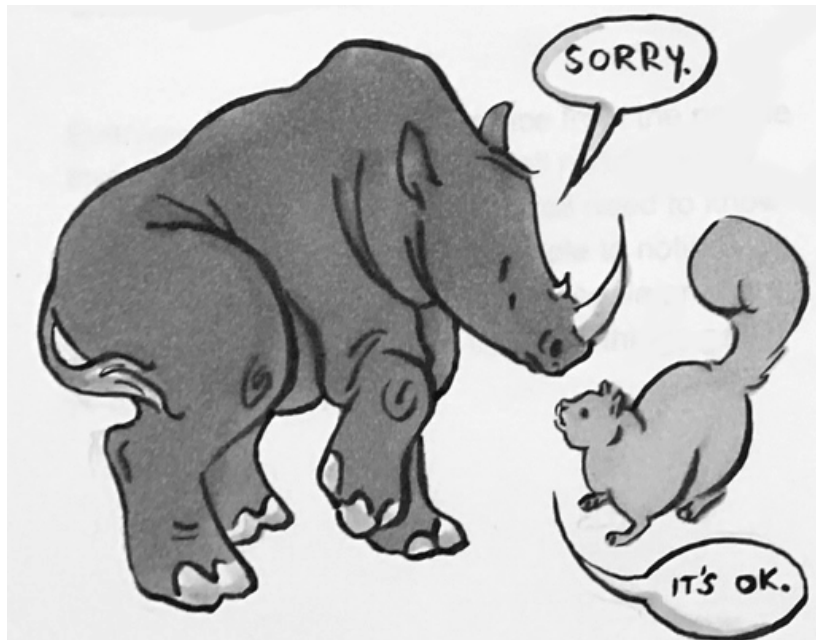
And these are the times when it's *especially* important to watch for that negative self talk and be gentle with yourself.



If you think you messed up, try asking yourself those questions and checking in to see if that sense that you have done wrong is actually true.

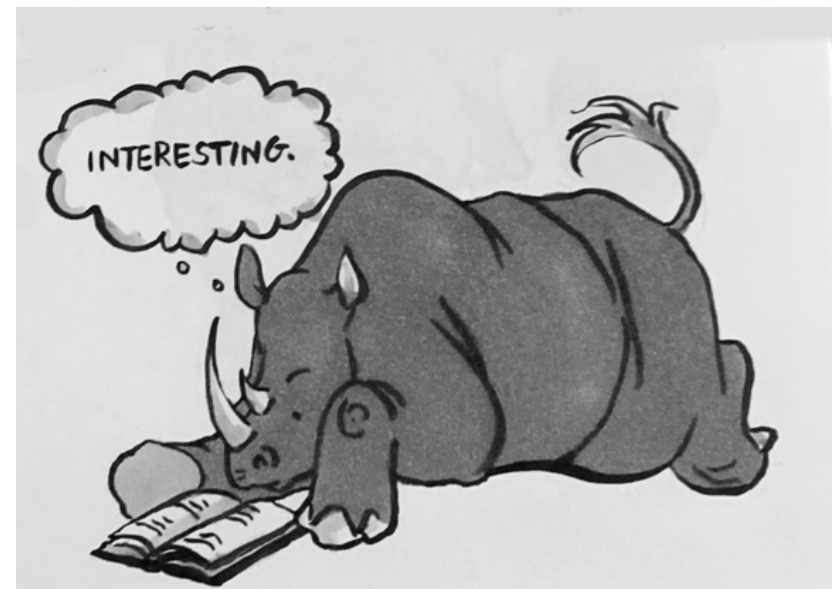
Maybe it isn't and you could give yourself a little love (or get some from a willing person who loves you).

Maybe it is and you did mess up. If so, acknowledge it, apologize, and ask if there's anything you can do to help repair things, then, try not to do it again and let yourself off the hook. You're allowed to do that. In all things, be gentle with yourself.



ADVOCATING and EDUCATING

People with PDA often write that *learning* about PDA has been EXTREMELY important for reducing their stress and making their lives better. Before they learned about PDA, many of them thought that they were lazy or bad. Not understanding why things that didn't seem to bother other people bothered them so much that it made them feel weak. They felt like they needed to hide. Learning about PDA, they say, helped them to accept and love themselves instead of constantly criticizing themselves. It also helped them figure out how to better organize their lives to meet their own, specific needs.



"I often compared school to being buried alive. Finding out I had PDA felt like someone had handed me a shovel so I could finally start to dig my way out."

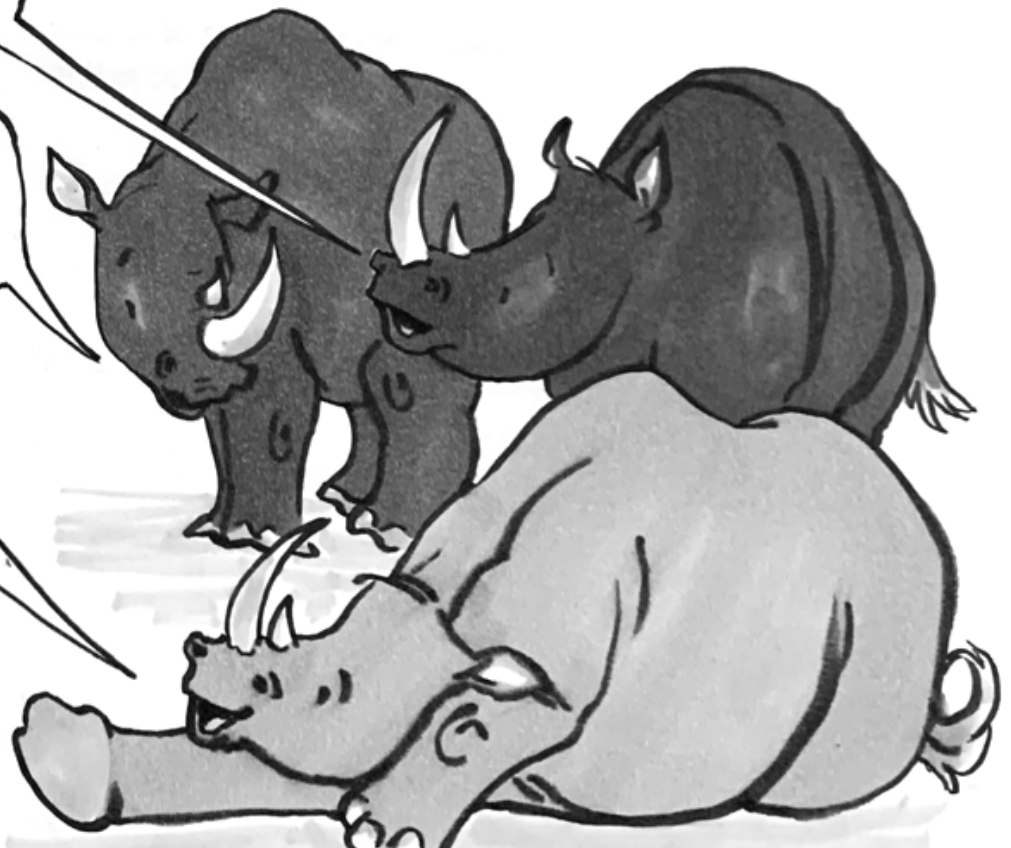
"PDA HAS TAUGHT ME TO EMBRACE MY WILD NATURE, NOT FIGHT IT."

"I'm proud to have PDA because it give me super hot imagination and quirkiness."

"My need for autonomy has given me a great sense of self. PDA taught me that freeing myself from my own expectations can help me fight avoidance to reach my potential. Knowledge is power!"

"I'M PROUD OF MY PDA BECAUSE IT ENABLES ME TO SEE SOLUTIONS TO PROBLEMS THAT OTHERS CAN'T SEE."

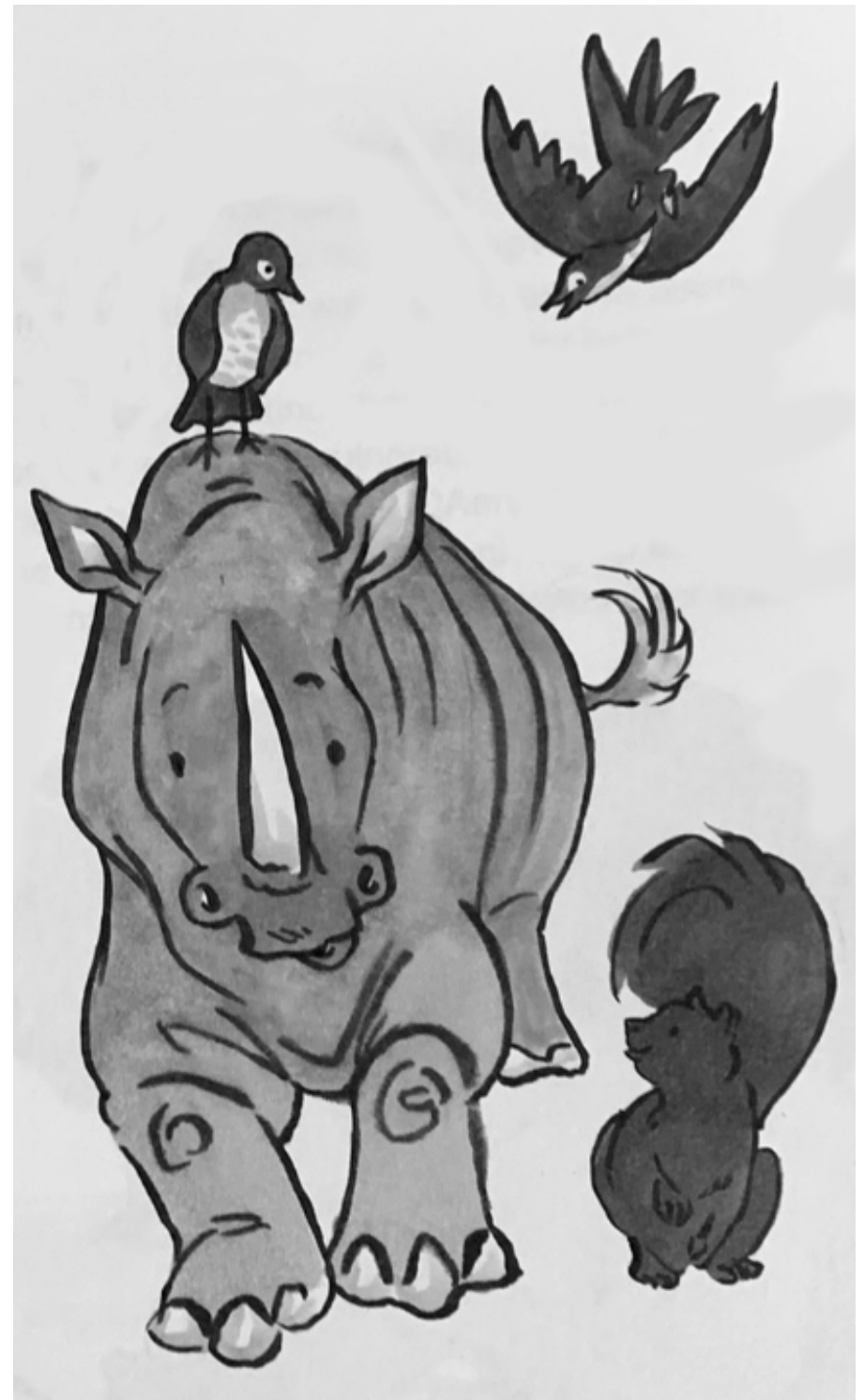
Many people are proud of their PDA, but lots of other people with PDA do not like others to know about their struggles, do not want obvious accommodations, don't want to be seen as needy or vulnerable, and have trouble asking for help. Some of this is a natural instinct that everyone has. It is hard for everyone to be vulnerable and ask for help. It can be especially hard for PDAers though because accepting help requires giving up some control, and PDAers need a lot of control over their lives.



Some people with PDA may also feel like they shouldn't need help or accommodations; that if they were better *people* in some ways, they wouldn't need it, so they don't ask. This type of feeling is usually the result of the fact that neurotypical expectations are put on non-neurotypicals. If you raise a rhino as a squirrel, the rhino will probably feel like a bad squirrel.

Anyways, all of that is just to say that, even if it is hard to do, learning about PDA can help you tell people what you need from them and from your environment to thrive.

Everyone also needs reassurance from the people that they love and respect. We all need to know that we are loved as we are. We all need to know that we are valued. We need people to notice our hard work. We need to know that people are going to stay with us and stand by us when things get hard.



Asking for reassurance like that is hard for everyone, but might be harder for PDAers. It's good for people whose lives touch PDA to know that they might need to be *more* aware about giving that reassurance to PDAers, as PDAers may have a harder time asking for it and may need more of it to help counteract negative self-talk.

The more they know about their own needs, the more PDAers can ask for the reassurance and love they need from the people in their lives.



A Final Note

Living with PDA brings both gifts and challenges. This is just a brief introduction to what some of those might look like. There are also a bunch of other resources out there if you want to learn more, and I suspect that there will be a lot more resources available in the coming years.

Here are some of the ones that have been most helpful to me in my own learning and in the writing of this book:

<http://www.sallycatpda.co.uk/>

<https://www.pdasociety.org.uk/>

<https://www.pdanorthamerica.com/>

https://www.instagram.com/neurowild_/?hl=en