



01. Persistent drive for autonomy* (PDA) is more than demand avoidance.

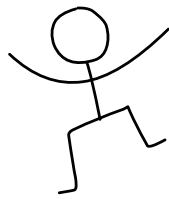
Demand avoidance is a natural human experience that occurs for many reasons.

PDA is felt more intensely and is usually threat-based, even when requests or demands are things the person wants to do.



** Also known as pathological demand avoidance; however, many find this term misleading and stigmatising.*

02.



Anxiety plays a central role.

Everyday demands can feel so overwhelming that the brain and body respond as if they were in life-threatening danger, activating the threat response.

While it might look like refusal, the person is actually in fight, flight, freeze or shutdown mode.

03.



There is a strong need for autonomy or control.

Trying to help by increasing pressure or consequences can actually lead to more distress and avoidance.

Collaborative supports work best.

Flexibility, co-regulation, and reducing unnecessary demands support autonomy and tend to be more effective.

04.

