



01. Demand avoidance can occur across different neurotypes and can be driven by different things.

Demand avoidance was first described as a trait within autism, but similar patterns can occur in other neurotypes.

It is often shaped by the interaction between executive functioning, anxiety, sensory processing, emotional regulation, life experiences, and nervous system capacity.



02.

In Autism, (broadly):

Demand avoidance is often connected to anxiety, sensory overload, uncertainty, transitions, social demands, or a strong need for predictability, autonomy, and nervous system safety.



03.

In ADHD, (broadly):

It is often linked to executive functioning difficulties, low tolerance for boredom, big feelings, or burnout from trying to keep up.



In highly sensitive folk:

Some people are highly sensitive to pressure, control, or perceived expectations.

04.

