

PDA

Pathological Demand Avoidance
Protective Developmental Anxiety*
Pervasive Drive for Autonomy
Power Difference Allergy

“I want to, but I can’t” Syndrome

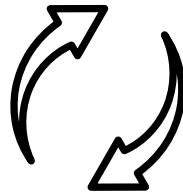
1

Chronic state of nervous system dysregulation, stuck in fight or flight or frozen.



2

Sensitive to impositions from others, especially from people who assume power over them.



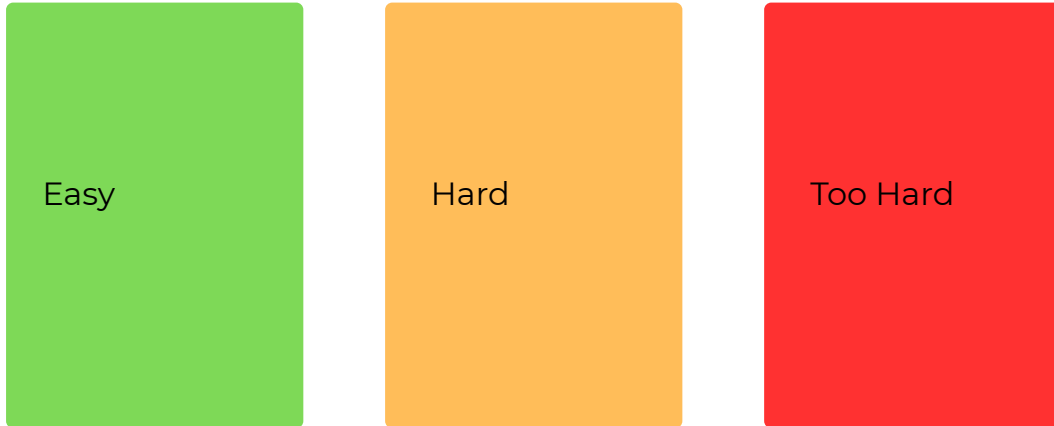
Break the Cycle

PDAers need:

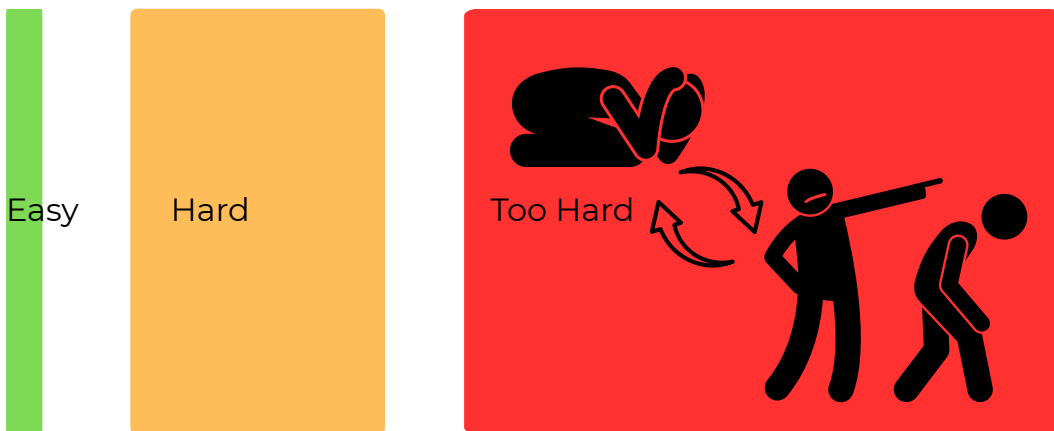
- Regulation before expectation.* They need a regulated nervous system before being expected to perform or meet demands.
- To be treated as equals, like a colleague you respect--not someone who is inferior
- To be talked to the way you would talk to a stranger when you want to be kind and polite--without assuming they owe you any obligation or debt
- To be connected as human beings in an authentic way--not as objects that produce outcomes for others

PDA

People have things in their lives that are easy, hard, and too hard (Diekman, 2025):



What it is like in the PDA world:



What PDA'ers need to create:

