

AREN'T WE ALL A LITTLE PDA?

No.

As human beings, we're all a little *demand avoidant* at times.

Demand Avoidance isn't a mystery:

The **reason for refusal** is usually obvious to most, if not all, people.

Autistic Demand Avoidance is also not necessarily a mystery (so long as we understand Autistic needs – sensory, social, processing, motor, etc.):

The **reason for refusal** is *obvious to many*.

Pathological Demand Avoidance can differ greatly:

In PDA, the **reason for refusal** is often not obvious to anyone, including the individual in refusal. In fact, the refusal itself can lead the individual to experience even greater emotional response.

