

# INTERNALIZED PDA

What does it mean to have *internalized* PDA?

You might be more likely to...

- Struggle to ask for what you need (and not know why).
- Be accused of trying to be bossy or controlling. Or needing to have things “your way.” And those words don’t describe you with any justice.
- Wonder why you blend in and don’t fit in all at once.
- Engage in people-pleasing or be in recovery from it!
- Have a tendency to be drawn to fantasy.
- Struggle to find the words to say what you’re feeling, or to have your thoughts slow down long enough to think about what you want to say.
- Have found ways to avoid your feelings in such a sophisticated way you might not even realize it! You might be told that you “intellectualize.”
- Be prone to somatic symptoms (headaches, stomachaches, aches and pains, tingling or numbness, shakiness, fatigue, racing heart, and others).
- Feel that others don’t know you well, and struggle with that invisibility.
- Experience a familiar freeze or shut-down feeling when things get overwhelming (e.g., non-speaking, brain fog, cocooning, bed-rotting, etc.).

