

Getting to Know More About PDAers: The Less Discussed Characteristics

Pathological Demand Avoidance (PDA) is often understood and discussed through its most prominent traits, such as vulnerability to anxiety and resistance to everyday demands. However, there are many lesser talked about characteristics—like deep empathy, creativity, and a strong need for fairness—that paint a fuller, richer picture of PDAers and their experiences.

By discussing these often-overlooked traits, we can foster greater understanding and better support PDA individuals as their authentic selves.

PDA stands for Pathological Demand Avoidance or Persistent Drive for Autonomy



Fantasy & Make Believe

PDAers have incredibly expansive & detail-oriented imaginations. They can love pretending to exist in a parallel life or take on being a made-up or known character or even animals. In particular, cat culture is very popular & is where a PDAer takes on acting like a cat and would like everyone to treat them as such. PDAers may also run ongoing narratives for pretend storylines & of course enjoy being part of fandoms of sci-fi and fantasy-based books, movies & games. PDAers are known to have imaginary friends as well.



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Creative Thinking Leads to Lots of Creating

The young and adult PDAers that I have had the privilege of getting to know are so incredibly creative. Many have multiple creative outlets such as poetry, drawing, crocheting, cooking & jewellery making to name just a few. They are incredibly self-driven to learn these skills & express themselves through different mediums.

Autodidactic refers to being self-taught or having the ability to learn independently without formal instruction. Autodidacts often pursue knowledge, skills, or expertise on their own initiative, using resources like books, online materials, or hands-on experience.



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Negotiation Skills

PDAers often excel at negotiation due to their creative thinking, adaptability, and keen ability to read social dynamics. Their resourcefulness and persistence enable

them to navigate complex situations, find compromises, and advocate effectively for their needs and preferences. These skills, though sometimes overlooked, highlight the strengths and potential of PDA individuals in problem-solving and collaboration.

Personal and Social Justice

PDAers often have a strong sense of personal and social justice, driven by their deep empathy and innate desire for fairness. They are quick to recognize inequality and can be passionate advocates for both themselves and others. This sense of justice, combined with their determination and resourcefulness, makes them powerful voices for positive change in their communities. Their decisions tend to be made based on aligning with their internal compass of right & wrong.

Equality versus Hierarchy

PDAers often have a natural resistance to traditional hierarchies, valuing equality and mutual respect over authority based on position. This can lead them to challenge unfair systems and advocate for more inclusive, collaborative approaches in both personal and social contexts. Their preference for egalitarian relationships highlights their focus on fairness and authenticity. This is true across settings such as school, work and in the home.

Sense of Humour

PDAers often have a sharp sense of humour, using wit and playfulness to connect with others and navigate social situations. Their humour can be clever, deeply perceptive and often ridiculous in a way that is boundary pushing. This strength helps them build relationships and diffuse tension, showcasing their resourcefulness and charm.

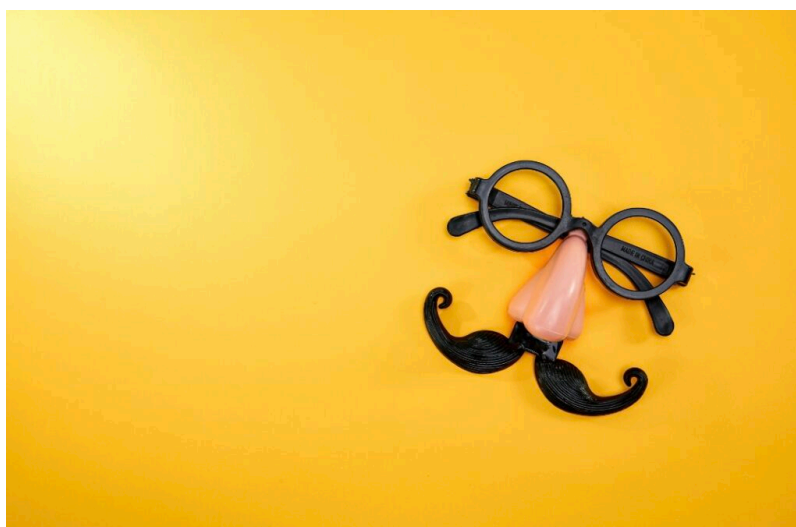


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