

## Do You Relate to PDA Traits?

This reflective questionnaire is designed to help you explore whether you relate to traits commonly associated with Pathological Demand Avoidance (PDA), a profile on the autism spectrum. It is not a diagnostic tool, but it may help you better understand your experiences or open up conversations with professionals or loved ones.

1. Do you often feel overwhelmed, anxious, or even angry when someone makes a request - even a small or reasonable one?
2. Do you feel like you need to resist or avoid doing things, even if you actually want to do them?
3. Do you come up with creative, indirect, or distracting ways to avoid tasks you're asked to do?
4. Do you feel a strong need to be in control of your environment or interactions?
5. Do you sometimes feel like even 'internal' expectations - like a to-do list you wrote yourself - can become overwhelming?
6. Do you have sudden or intense emotional outbursts (like meltdowns or shutdowns) when demands feel too much?
7. Does your anxiety increase when someone applies pressure or insists on something, even gently?
8. Do you find yourself using charm, role-play, or humor to navigate social situations or avoid demands?
9. Do you struggle to maintain friendships because of unpredictable behavior or difficulty with social norms?
10. Have you ever felt like you were 'pretending' to cope or masking your real feelings to get through something?