

Demand Avoidance Pattern Recognition

Understand the anxiety-driven roots of demand avoidance and build a compassionate self-management approach.

Name: _____ Date: _____ Clinician: _____

About Demand Avoidance: Demand avoidance — including the Pathological Demand Avoidance (PDA) profile — involves an intense anxiety-driven need to resist or avoid everyday demands and expectations. This is a nervous system response, not wilfulness or defiance. Understanding your patterns supports compassionate self-management.

RECOGNISING MY DEMAND AVOIDANCE PATTERNS

	Never	Rarely	Sometimes	Often	Always
I resist demands even when I want to do the thing being asked	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being told I "have to" or "must" do something triggers strong resistance	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-imposed demands feel more manageable than externally imposed ones	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use social strategies (distracting, negotiating, refusing) to avoid demands	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My avoidance is driven by anxiety rather than laziness or defiance	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deadlines and expectations cause intense anxiety even for things I enjoy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I need a sense of control and autonomy to function well	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am more flexible when demands are framed as choices or invitations	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY DEMAND AVOIDANCE PROFILE

Types of demands I find most difficult:

How my avoidance typically shows up (strategies I use):

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What demand avoidance costs me:

Conditions that reduce demand avoidance for me:

How I can frame demands as choices to make them more manageable:

REFLECTION & INTEGRATION

A compassionate thing I can tell myself when demand avoidance is activated:

One support or accommodation that would genuinely help:
