

# The Demand-Anxiety Cycle

The main feature of Pathological Demand Avoidance, PDA

## Profile of Difficulties

Name.....

Date.....

### I find it hard to...

- ☐ Get up in the morning
- ☐ Go to bed at night
- ☐ Wash and brush my teeth
- ☐ Get dressed
- ☐ Get to places on time
- ☐ Stop doing things when I'm asked
- ☐ Do my homework
- ☐ Eat my dinner
- ☐ Play with friends
- ☐ .....

### I tend to do things like...

- ☐ Talk about things I'm interested in, which distracts people
- ☐ Say 'In a minute' or something like that
- ☐ Pretend not to have heard
- ☐ Explain that I feel sick
- ☐ Sometimes I get cross or really upset
- ☐ .....

### What I can do depends on...

- ☐ How well I feel at the time
- ☐ How much I want to do something (sometimes it's also hard to do things I really want to do)
- ☐ How much other people keep asking me (more makes it harder)
- ☐ The way I am asked
- ☐ Whether we need to be 'on time'
- ☐ .....

### Not being able to do things means I am more likely to...

- ☐ Get upset more often
- ☐ Struggle to concentrate at school
- ☐ Fiddle or stim
- ☐ Distract myself by focussing on my interests
- ☐ Have trouble sleeping
- ☐ Feel sick (or sicker)
- ☐ Struggle to eat or drink enough
- ☐ Find it hard to leave the house
- ☐ Feel bad
- ☐ .....

### It means I'm....

- ☐ Finding it harder to talk about how I feel
- ☐ Feeling more unwell
- ☐ Getting more tired
- ☐ Feeling more sad & worried
- ☐ Getting more stuck
- ☐ Have problems at school/going to school
- ☐ .....

Which makes things harder still

A tool to help young people, parents & professionals understand demand avoidance and talk together. Tick boxes that apply, write on it, or edit the document.... Whatever works for you.

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