This resource was created to help a child going from being home-schooled into a special school, but could be used in many other situations.

Created by Sally Russell as a template for you to adapt in whatever way you choose. Simply download, delete this intro and amend as you wish….

**What PDA Means for Me**

I have Pathological Demand Syndrome. It means my brain is wired differently from most people’s. I have some things that I can do better than most people as a result and I find other things very difficult. I get very anxious much of the time and am quite good at covering it up sometimes but it makes life very difficult for me.

I hope this sheet will help you to know what will help me.

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| **PDA Trait** | **What it means for me** | **What would help** |
| Demand avoidance: I struggle when I **WANT** to do something for myself – I often find I can’t |  |  |
| Demand avoidance:If asked to do something directly, I can almost never do it  |  |  |
| Mood lability (extreme mood swings) |  |  |
| Plans and lack of routines |  |  |
| Overload and Choices |  |  |
| Affirmation but not praise |  |  |
| Impulsivity |  |  |
| Sensory difficulties  |  |  |
| Difficulty conveying some thoughts |  |  |
| Easily distracted / tuning out |  |  |
| Tendency to get absorbed in own ‘special interests’  |  |  |
| Difficulty stopping talking |  |  |
| Unable to understand what people are thinking or feeling |  |  |
| Have very high levels of anxiety |  |  |
| **I am also good at these things….** |
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**Summary**

I would like support to: