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.

Created by Sally Russell

**The Demand-Anxiety Cycle  
The main feature of Pathological Demand Avoidance, PDA**

**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
* …………………………………………
* 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
* ………………………………………………………

**Which makes things harder still**

**Not being able to do things means I am more likely to…**

**What I can do depends on…**

**I find it hard to…**

**I tend to do things like…**

* 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’
* ……………………………………………………
* 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
* …………………………………………………..
* 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
* ………………………………………..

**Profile of Difficulties**

Name………………………………….

Date…………………………………..