

Anxiety and PDA



What is it?

High anxiety is one of several core traits associated with the PDA neurotype, along with control need, people focus and liking novelty

Anxiety and PDA avoidance

Anxiety and PDA avoidance go hand in hand so frequently that it is easy to assume they are one and the same. But some PDA people say they experience pathological-type avoidance without feeling any anxiety

Is PDA an anxiety disorder?

As high anxiety is a core trait of PDA, some people assume the condition is an anxiety disorder. However treating PDA anxiety with medication doesn't remove the avoidance drive

Anxiety blindness

Many PDA people report having become so accustomed to their life-long high anxiety that they were blind to it. Learning to recognize our anxiety can take practice

Supporting PDA anxiety

PDA anxiety can be reduced, though not cured.

Avoiding triggers and PDA friendly strategies help.
Mindful meditation can help too



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