

Charm and PDA



What is it?

Many PDA individuals are able to be socially charming. They may still miss important social cues or struggle to interpret social norms, but on the surface they appear to be socially adept.

This can mean that if they have a meltdown, or display panic, it can seem put on

Why it's used

Charm is connected to the people-focus trait of PDA. It can be used to bridge gaps and encourage others to get close to us.

Used this way, charm can be thought of as a proactive form of fawning/people pleasing that's wielded to gain personal power.

Charm can also be used to mask struggles so that others don't see our vulnerability

How charm can mislead

Using charm gives others the impression that we are more adept than we are. It makes it difficult when we then struggle because we have no way to explain how we can, on the one hand, navigate social strategies but, on the other hand, be clueless about other social norms.

Charm can also mask traits of co-occurring conditions, like autism.

Medical professionals can miss critical diagnoses because of this

