

Hidden PDA



Is hidden PDA the same as internalized PDA?

It's important to be aware that it's not just internalized PDA that is hidden because, no matter how freely it is expressed, PDA's inner drivers are invisible to observers

Unmeant accusations during meltdown

When we melt down we're not in control of what we say and do. This can confuse and distress anyone in the vicinity who assume all the foul words and violent behaviors are meant genuinely.

Atypical F adrenal responses

PDA anxiety and control need makes our adrenal glands prone to being triggered. If our adrenal reactions are diverted from fight or flight into lesser-known responses this may give the impression that we're lazy or naughty, but enormous stress drives us

Masking

"Masking" has become a dirty word within the autism community, and is thought of as harmful and unnatural. However, there seem to be at least three different types of masking (imposed, adaptive communication and instinctive pain-masking) of which only one is the harmful type.

It's important to differentiate between types of masking
their different processes are understood and, as appropriate,
avoided, accommodated or utilized

