

Social focus and PDA



What it is

Being socially focused means wanting to engage with other people and being interested in what others think and how they interact with each other, and with us

PDA social skills

Having having superficial social skills without depth of understanding is thought of as a core PDA trait. PDA people may actually pick up things about people that others miss, and can be adept at using use charm to win people over. We may though struggle to maintain friendships. For example, by bossing friends around, being tongue-tied with anxiety, or having an unsettling sense of humor

Social focus and avoidance

The social focus element of PDA is so strong that the inner workings of our neurotype can't be understood without it being factored in. It's as fundamental and unstoppable as our PDA brain's drive to avoid, and means that our avoidance strategies incorporate social awareness

People obsessions

Social focus impacts PDA people's choice of special interests. A cliched example of an autistic special interest is train-spotting, though the range is far wider and includes characters from comics, hobbies or music. PDA brains are particularly likely to fixate on people to a degree that can become obsessive

