



THE FIVE MINUTE

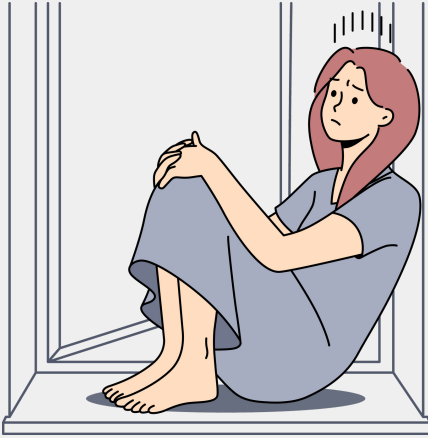
# RSD Checklist

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# What is Rejection Sensitivity Disorder?

## RSD CHECKLIST



**Not everyone experiences rejection sensitive dysphoria, but we all understand what it's like to be sensitive to rejection. Think of it as a part of being human, connected to our strong need to belong. It's like two sides of a coin – one side is feeling sensitive to rejection, and the other is our strong desire to belong.**

Think of RSD like an emotional amplifier —it turns feelings up to the max, making them much stronger. To cope, people might avoid situations that make these feelings flare up, trying to dodge the resulting distress.

Rejection Sensitive Dysphoria (RSD) offers insight into why certain people experience perceived rejection and criticism with such intensity. RSD represents an intensified form of sensitivity, magnifying the fear of rejection to a degree it becomes unbearable (dysphoria comes from the Greek word meaning "difficult to bear").

As you go through the checklist, check the items that resonate with you. Although not official, if they resonate, you might have Rejection Sensitive Dysphoria (RSD). Discussing these feelings with your doctor and exploring RSD resources can help in managing it. Feel free to use this as a starting point for your journey of self-discovery.

Warmly,

Dr. Neff



## The Rejection Sensitive Dysphoria Checklist

- My emotional response to perceived rejection is much stronger than what others might experience.
- I am regularly preoccupied with the idea of being rejected or criticized.
- My relationships have suffered due to my sensitivity to rejection.
- Feelings of worthlessness or shame are frequent companions.
- I tend to avoid situations where rejection might occur.
- Even constructive criticism hits me deeply, causing significant emotional distress.
- I notice rapid shifts in my mood based on interactions with others.
- I struggle to maintain focus, productivity, or functioning in various aspects of my life due to the emotional impact of sensitivity to perceived rejection.



## The Rejection Sensitive Dysphoria Checklist

- I often feel highly sensitive to criticism or perceived rejection.
- The fear of rejection often deters me from trying new things or taking risks.
- I have developed coping mechanisms to safeguard myself from potential rejection, like people-pleasing or isolation.
- My anxiety levels escalate significantly when anticipating social interactions or evaluations.
- Criticism or rejection from others deeply affects my self-image.
- I frequently apologize unnecessarily to evade potential conflict or disapproval.
- Expressing my emotions and boundaries can be difficult due to the fear of rejection.
- I experience physical symptoms such as muscle tension, rapid heartbeat, or stomachaches when facing potential rejection.

# 8 CHARACTERISTICS OF RSD

## Intense Emotions

RSD magnifies emotions, often leading to strong reactions that may seem excessive

## Quick Mood Changes

Those with RSD experience rapid shifts in their emotions, triggered by perceived rejection

## Physical Sensations

Emotional pain in RSD can manifest as physical discomfort

## Negative Self-Image

RSD can lower self-esteem due to frequent feelings of inadequacy



# 8 CHARACTERISTICS OF RSD

## Social Cue Scrutiny

People with RSD closely analyze social cues, sometimes misinterpreting innocent gestures as signs of rejection

## Emotional Turbulence

RSD causes emotional storms, with intense bouts of sadness, anger, or frustration

## Avoidance of Social Situations

Many with RSD avoid social interactions due to fear of rejection or criticism

## Work Impact

In professional settings, RSD may lead to avoidance of situations involving critique, hindering career advancement



# WANT TO LEARN MORE?

## Check out the Rejection Sensitivity Dysphoria Bundle

<https://neurodivergentinsights.com/neurodivergentstore/p/rejection-sensitive-dysphoria-bundle>

You'll learn all about RSD and practices for better managing it.



### The Rejection Sensitive Dysphoria Workbook

Coping and Thriving



Megan Anna Neff

### The RSD Journal



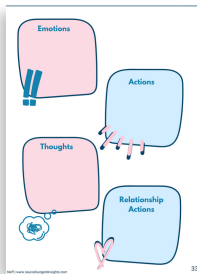
### Rejection Sensitive Dysphoria Toolkit



"Because it's so painful with ADHD will go through about trying to avoid. Consequently, they tend to see..."

#### PRACTICE ACCEPTING REJECTION

Emotional acceptance involves acknowledging our feelings without judgment or resistance and allowing them to be present without being the need to change or fix them. It is a skill that can be learned by people with ADHD and neurodivergent people or the people around us often by practicing emotional acceptance.



I have the strength to navigate conflicts and misunderstandings in my friendships.

My sensitivity makes me empathetic and attuned to others' feelings, enriching my friendships.

#### 3 Additional Support Tools

List of coping strategies: There are many ways to cope with RSD. Some things that can help you cope with RSD include: taking your time, practicing self-compassion, and seeking support from friends and family.

#### Neurodivergent Insights

5 things that can have an impact on your mental health: 1. Daily affirmations, 2. Support network, 3. Positive affirmations, 4. Self-care practices, 5. Conflict resolution.

#### Change the Pattern: Self-Compassion & Self-Affirmations

Examples of Self-Affirmation Statements: 1. I am worthy of love and belonging. 2. My self-worth is not dependent on the approval of others. 3. I am allowed to set boundaries that protect my emotional well-being.

#### Catch the Story

List any of the common stories that come on for you when rejection sensitivity is activated.

#### Change the Pattern

To change a pattern, the first step is to recognize it. Many of the RSD patterns we fall into aren't generally helpful. Here are some common patterns: 1. Dismissing our emotions, 2. People pleasing and perfectionism, 3. Anger outbursts.

#### CHAPTER 5 Working With RSD

Neurodivergent Insights

#### Notes

Blank space for taking notes.

Like all humans, I am not defined by my challenges. My challenges have also contributed to my resilience and strength.

I am deserving of healthy, loving, and fulfilling relationships.

#### Building Your Sensory Kit

Add a Personal Touch: Add the sentimental touch. Add items that are meaningful to you. Consider including photographs of your pet, loved ones, a handwritten note, or any other item that brings you a sense of connection, calm, or joy.

#### Change the Pattern: Radical Acceptance

Complicated matters, many neurodivergent individuals struggle with emotional avoidance. The capacity of emotional avoidance is often harder for us. There are several reasons why emotional avoidance may be more difficult for us: 1. We are more prone to have identity. 2. Many of us have experienced trauma or cultural stigma surrounding our emotions. 3. Many of us have experienced trauma or cultural stigma surrounding our emotions.

#### SENSORY GROUNDING PRACTICE!

Our nervous system can become dysregulated at a sensory level, which can contribute to feelings of anxiety and overwhelm. Engaging our sensory system can also play a key role in regulating and soothing our nervous system. Using sensory grounding practices can be a powerful way to establish a sense of safety and stability in the body.



#### RSD and Mental Health: Here are just some of the ways that RSD can impact mental health.

Key areas include: Anxiety, Depression, Low Self-Esteem, Emotional Dysregulation, Perfectionism, Repetitive Behaviors, Avoidance Behaviors, and Social Isolation.