

WHAT IS  
REJECTION  
SENSITIVE  
DYSPHORIA ?

# RSD IS BUILT UP OVER TIME

What's wrong  
with you?!

Why are you  
here?!

Toughen up.

Are you crazy?!

What are you  
wearing?!

Stop embarrassing  
yourself

It's not that loud

Stop making  
noises!

Why are you crying?!

Sit up straight.

...like a baby

That's so childish

That's not even  
funny

That's so



# THE INSIDIOUS TREADMILL OF RSD

Person with experience of  
early relational trauma

Becomes a people pleaser to  
counter the rejection

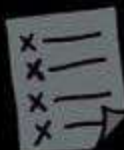
More rejection



Compulsively  
helpful &  
always says

yes

Not able to honour  
commitments



Burnout



# RSD

I have to get  
away

I'm leaving  
this group

They'd all be better  
off without me

I'm deleting my  
social media  
accounts

This friendship  
was never worth  
it

I need to quit  
my job



# RSD THRIVES IN AN INFORMATION VACUUM

WHAT IF'S

What if I'm  
getting fired?

What if my  
proposal is  
trash?

MAYBES

Maybe I should  
just quit

Maybe they are  
laughing at me

POSSIBILITIES

Could they be  
ignoring me?

Do they think  
I'm not  
qualified?



Being different  
means being  
frequently  
rejected

Acute memory  
of past  
rejection

# RSD

IS COMMON IN  
NEURODIVERGENCE

PTSD



Intense  
sensory &  
emotional  
reactions

Difficulty  
reading tone

Tired of being  
underestimated



