

Rejection Sensitivity Dysphoria

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R	E	B	U	W	O	Y	K	U	Y	G	N	Z	B	I	H	B	K	H	Y
N	B	A	Z	A	K	W	X	V	S	D	R	N	N	U	M	R	O	Y	M
O	V	J	Y	J	E	J	R	E	G	N	A	O	O	C	E	M	H	P	N
T	P	C	E	H	Y	U	N	G	L	S	K	I	I	A	E	J	Y	E	D
U	A	D	M	S	S	E	N	D	A	S	N	T	T	Q	T	D	M	R	C
E	O	V	E	R	W	H	E	L	M	T	S	A	P	T	S	R	Z	S	M
W	A	Y	M	T	C	I	S	O	P	B	I	T	E	M	E	A	H	E	K
L	N	Y	T	O	L	R	X	K	Z	N	G	E	C	O	E	B	L	N	R
F	U	E	Z	L	U	F	N	I	A	P	I	P	R	U	V	C	U	I	Z
N	V	F	O	X	W	X	D	S	L	C	F	R	E	E	I	R	E	T	K
K	F	X	T	H	N	Z	Z	A	P	T	I	E	P	R	T	I	A	I	T
A	I	N	G	R	S	G	N	G	R	H	C	T	K	J	A	T	V	V	M
S	E	Y	R	O	U	O	T	E	S	A	A	N	V	S	G	I	S	E	I
F	V	A	C	C	I	H	W	H	Q	F	N	I	U	I	E	C	N	M	N
I	V	I	U	T	O	C	A	V	P	O	T	S	P	B	N	I	F	M	R
X	A	Z	O	P	I	M	K	G	P	J	D	I	N	D	W	S	I	T	H
L	W	M	J	V	E	I	X	U	T	Q	R	M	O	L	J	M	N	I	R
U	E	W	F	Y	N	O	I	T	C	E	J	E	R	T	E	U	N	A	F
I	E	Q	R	E	A	C	T	I	V	E	U	D	O	U	B	T	O	Z	Z

Rejection Sensitivity Dysphoria (RSD) triggers intense emotional reactions to perceived rejection, criticism, or failure. Common in ADHD, RSD can trigger a rush of self-doubt, anger, and pain over small comments or imagined slights. It can start a shame spiral, taking your brain from “I’m hurt,” to “I’m a complete failure.”

These feelings, though often based on misperceptions, can deeply affect self-esteem and well-being. Some cope by people-pleasing to avoid criticism; others withdraw from social situations entirely.



Word Bank

The hidden words can be in any direction, including backwards and upside down.

negative hypersensitive reactive criticism misinterpretation rejection
 doubt shame hurtful sadness emotional overwhelm
 esteem painful significant anger perception social