

REJECTION SENSITIVE
DYSPHORIA
is not an STD:

Or

RSD: a love letter to my daughter

The ADHD SKILLS ZINE

What we know:

- a) This neurology attaches equal emotion to big events and small events

Friends not texting back, me not texting friends back, old emails, new emails, pandemic problems, life problems, haircuts, weird rashes, financial issues, pets being pets.

- b) All of this and then some more elicit big feelings.

This is what happens for a select few:

RSD

Rejection Sensitive Dysphoria

“RSD is extreme emotional sensitivity and pain triggered by the perception that a person has been rejected or criticized by important people in their life. It may also be triggered by a sense of falling short—failing to meet their own high standards or others’ expectations.” -William Dobson M.D.

RSD can elicit actual physical pain.

It’s a big deal.

*disclaimer

The powers that be —do not believe emotion's can be measured and therefore the emotional impact of this neurology is not in the diagnostics for ADHD

RSD is not something that can be diagnosed—yet.

This is totally baloney.
If you ask me.

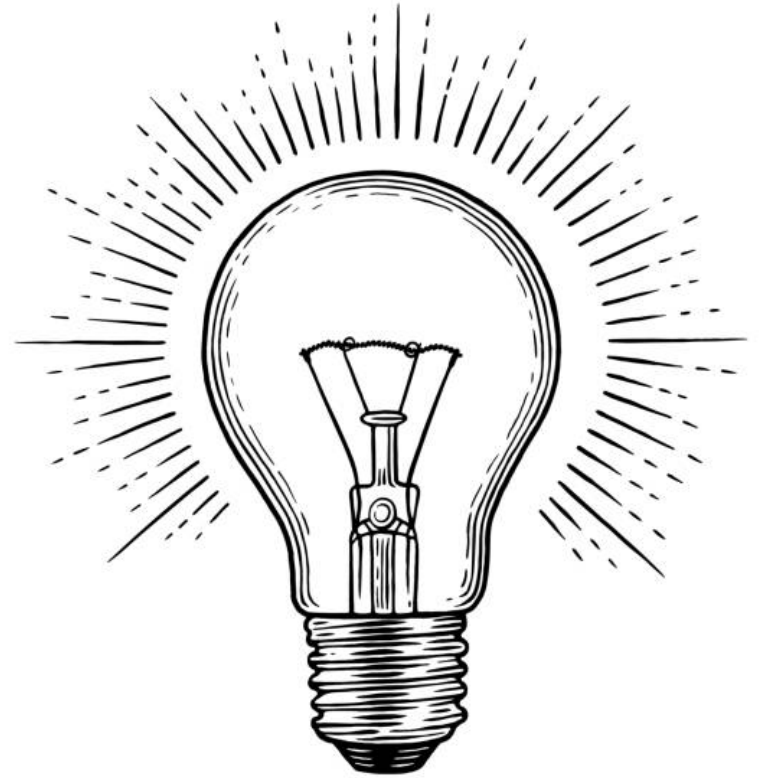
Which you didn't.
But
Here
We
Are.

SYMPTOMS OF RSD

- Frequently thinking about negative experiences or perceived/actual rejection
- Perceiving rejection when it is not actually occurring
- Viewing small rejections as catastrophic
 - a chronic fear of rejection
- misperceiving constructive criticism, requests for more information or neutral feedback as rejection
- Perfection or people-pleasing tendencies

Does this sound familiar?

Ok. That is ok.



Frequent thinking about the worst case scenario rejection is a THOUGHT TRAP.

You have to recognize the thought trap.

Then you have to GET OUT of the thought trap.

*it is not as hard as it sounds

1. Have you spend more than 20 minutes thinking about the event or possible event? —Then you are in a thought trap.

2. Use your 5 senses.

The first one is change your temperature. I recommend holding ice. Your brain simply cannot obsess over worst case scenarios if it is also trying to figure out why you are cold.

*this is gold. I try and tell everyone this. It fucking works.

3. USE A GROUNDING TECHNIQUE

- name 5 things you can see
- name 4 things you can feel
- name 3 things you can hear
- name 2 things you can smell
- name 1 thing you can taste

Now we are in future you.

The you that knows you have this thing.

Rejection Sensitive Dysphoria.

Name three people you can really talk to:

1.

2.

3.

Nice.

Name three things you really enjoy doing:

1.

2.

3.

Here are mine.

1. Sitting near Ramona
2. Listening to music with Sam
3. Watching my Tortoise eat dandelions in the yard. DAMNIT IT IS DELIGHTFUL

Here is a brain dump page of all the good things you KNOW about you.

That is your foundation there—because I can't make this go away for you.

I would like to.

But I cannot.

Your ADHD medications can help.

Weekly therapy can help.

ADHD SUPPORT groups can HELP.

When you are frozen in the physical, emotional pain of this.

Know that the people you wrote down.
The community you are a member of—

They were built for your worst moments.

Saying it out loud

To people who love you

Is going to help.

JUST BECAUSE YOU ARE FEELING A
FEELING.

DOES NOT MAKE IT TRUE.

Just because your brain is telling you
something:

Does not make it true.

Resources:

William Dodson M.D.
ADDitude Magazine