

ADHD & Rejection Sensitivity Dysphoria

Rejection Sensitivity Dysphoria (RSD) is a heightened emotional response to perceived rejection, often found in individuals with ADHD. Learn how these two conditions intertwine and impact daily life. It affects men & women, but women are more likely to experience it.



1

Increased Sensitivity

People with ADHD often experience heightened sensitivity to social cues, leading to misinterpretations and feeling easily rejected.





2

Emotional Regulation

RSD can make it harder to regulate emotions, leading to intense feelings of sadness, anger, and self-doubt when experiencing rejection.

3

Social Anxiety

RSD can contribute to social anxiety, making it difficult to initiate and maintain social connections due to fear of rejection.

A photograph of wooden blocks arranged in a slightly curved line to spell out the word "ANXIETY". The blocks are light-colored wood with black letters. The background is a light blue surface.

A, N, X, I, E, T, Y



4

Impact on Relationships

RSD can negatively impact relationships, as individuals with ADHD may withdraw or react defensively to perceived rejection.



Understanding the Link

ADHD and RSD can create a complex interplay, impacting social interactions and emotional well-being. Recognizing these challenges can lead to better self-awareness, improved relationships & a reduction in stress levels.

