

RSD

When everything
feels personal

SAME
BIG FEELINGS
BRIGHT IDEAS
DIFFERENT PATHS

It's a
sensitive brain
not a broken one

Different
Brains
Brighter
Futures

WHAT IS RSD?

RSD means rejection sensitivity dysphoria. It is when normal comments, mistakes, or not being included can feel way bigger and more painful than people realize.

IT CAN LOOK LIKE...

- ♥ Feeling easily hurt
- ♥ Overthinking what people mean
- ♥ Worrying you made someone mad
- ♥ Needing reassurance
- ♥ People-pleasing
- ♥ Overexplaining
- ♥ Avoiding situations
- ♥ Big emotional reactions

These reactions make sense
when your brain feels
extra sensitive.

TRY THIS:

- ♥ Pause and breathe
- ♥ Check the facts
- ♥ Talk to yourself kindly
- ♥ Remember feelings are real but not always facts
- ♥ Take a break before reacting
- ♥ Ask for clarification
- ♥ Notice shame without letting it lead

Small steps make
a big difference.

You feel deeply.
That is a strength.

You are not too sensitive.
You are human.

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