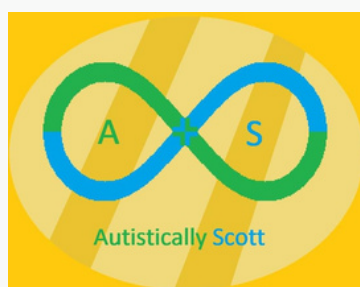


Rejection sensitivity



What is RS? • Supports • Research



What does RS mean?

(Rejection sensitivity)



Fear of rejection



A trauma response



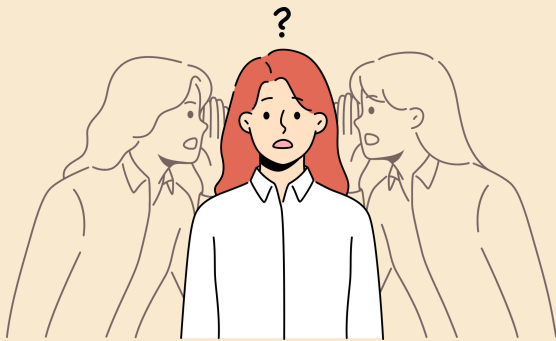
**Believing others
dislike us**



**Common among
Neurodivergent people**

What does RS feel like?

(Rejection sensitivity)



**Crippling
self-doubt**



Isolating



**Overwhelming,
consuming**



**Establishing & maintaining
relationships can be overwhelming**

What supports can help?

(Rejection sensitivity)



**Having feelings
validated**



**Friends/family
checking in**



**Understanding
RS and the effects**

**Create & practice
self-positive
scripts**



**Space & time
to regulate**

Research

(Rejection sensitivity)

**“IT IS ESTIMATED THAT THOSE
WITH ADHD RECEIVE 20,000
MORE NEGATIVE MESSAGES BY
AGE 10 THAN THEY DO POSITIVE
MESSAGES.”**

ADHD NEGATIVE MESSAGES STATS - [HTTPS://WWW.ADDITUDEMAG.COM/SLIDESHOWS/ADHD-AND-SHAME/#:~:TEXT=IT%20IS%20ESTIMATED%20THAT%20THOSE,ARE%20NOT%20LIKE%20OTHER%20PEOPLE.](https://www.additudemag.com/slideshows/adhd-and-shame/#:~:text=it%20is%20estimated%20that%20those,are%20not%20like%20other%20people.)

Research

(Rejection sensitivity)

IN ORDER TO AVOID POTENTIALLY NEGATIVE SOCIAL INTERACTIONS, THOSE WITH RSD ARE MORE LIKELY THAN THOSE WITHOUT RSD TO PRIORITISE ESCAPING THE DISAPPOINTMENT (EVEN JUST POTENTIAL) OF OTHERS EVEN IF IT MEANS DISRUPTING THEIR PERSONAL GOALS.

WHAT DOES THIS MEAN?

THOSE WITH RSD ARE SO SENSITIVE TO REJECTION THAT THEY FEEL THE NEED TO ABANDON RELATIONSHIPS, PROJECTS OR EMPLOYMENT IN ORDER TO TRY TO ESCAPE THE OVERWHELMING FEELINGS OF REJECTION.

REJECTION SENSITIVITY AND DISRUPTION OF ATTENTION BY SOCIAL THREAT CUES. J RES PERS. 2009 DEC 1; 43(6): 1064-1072. KATHY R. BERENSON, ANETT GYURAK, ÖZLEM AYDUK, GERALDINE DOWNEY, MATTHEW J. GARNER, KARIN MOGG, BRENDAN P. BRADLEY, AND DANIEL S. PINE

@LauraHellfeld, NDNurseConsulting

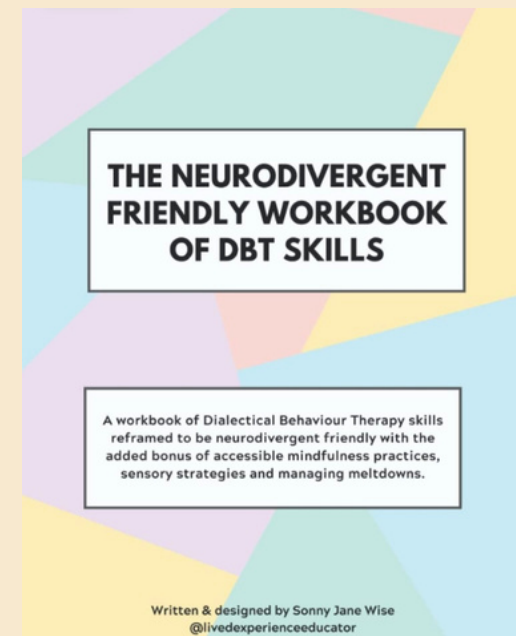
Resources

(Rejection sensitivity)

Sonny Jane Wise

The Neurodivergent Friendly
Workbook of DBT Skills

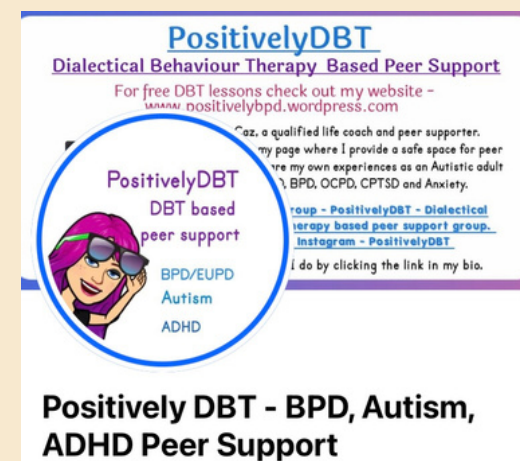
(Available on Amazon)



Positively DBT

BPD, Autism & ADHD DBT
based peer support

(Facebook page & group)



RSD Questionnaire

by Sally Cat & No Pressure PDA

Quote from their post...

“It's about rejection sensitivity, and we want to find out who it affects and what might cause it. No data is stored about people taking the questionnaire.

We're planning to use the results in a book we're co-writing about hidden PDA.

Please copy & paste the below link into your browser to complete

https://docs.google.com/forms/d/e/1FAIpQLSehKoVplFEA2_W5Zq2hR26E4ZSpOhkWBDuI_jteP-erWzH9Ug/viewform