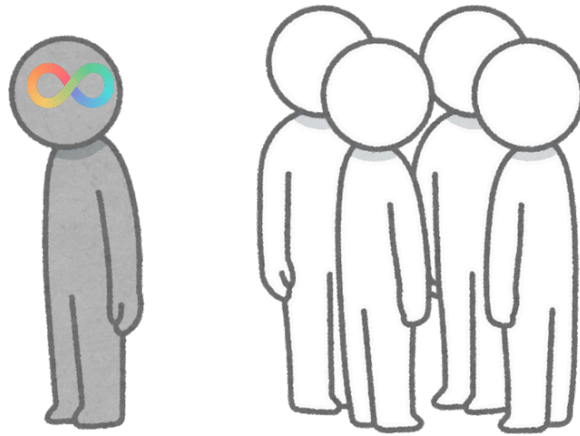


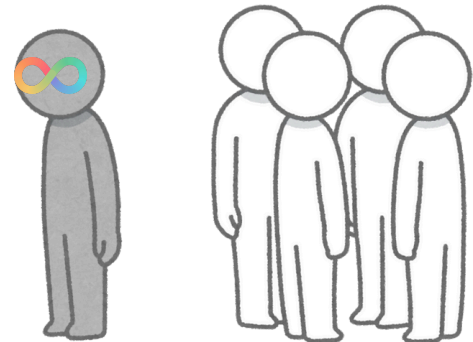
Rejection Sensitivity

Neurodivergent Community Experiences



Rejection Sensitivity

We asked the
neurodivergent
community what their
experiences were of
Rejection Sensitivity and
this is what they said.....



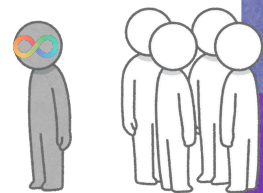
Rejection Sensitivity

“I feel I am effected by rejection sensitivity, due to identifying my neurotypes (Autistic and ADHD) later in life, as this meant for many years I felt constant feelings of “getting it wrong”, being “too much”, often misunderstood or misinterpreted.

This now manifests by being hyper sensitive to small changes in someone’s demeanour. For example frequently asking loved ones “Are you mad at me?”.

— Alice (Neurodiverse Journeys)

Neurodivergent Community Experiences



“RSD has had an impact on my mental health and wellbeing; it is an intense fear of being rejected or failing, so intense it can be felt as physical pain.

It means I have become a perfectionist and a people pleaser to minimise the chances of being rejected by others or seen as failing.”

— Anna (Autism Parenting + Wellbeing)

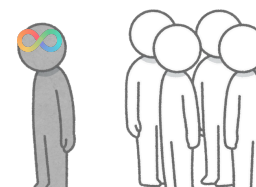


“I used to have it, before the diagnosis at age 53.

Afterward, I decided that all my personality anomalies are actually gifts, and the person who is insulting me has bad taste.

So I am rejecting them! HA”

— Shannon Sue Morris



“I'm so used to being picked last that I never trust when I'm actually picked first. It must be wrong or a joke.”

**— Abby Lastowski
(Actually Owl-tistic)**

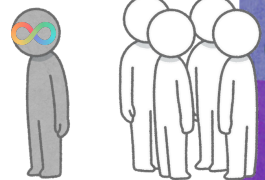


“RSD is soul-crushing and life-controlling.

The internal monologue of negativity never ceases.

It holds you back and wastes hours of your day.”

— Anonymous



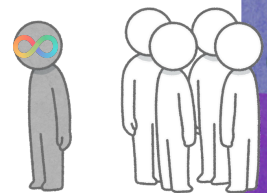
Rejection Sensitivity

“My serious long term illness often gives me bad painful RSD when I see people doing things I cannot, especially if they are things I had already planned before coming out of remission.

On the plus side I get intense “Acceptance Euphoria”. A term I came up with when talking to another non binary friend about gender euphoria, and how each reaction has an equal and opposite reaction.”

— Effie Purple Bean Autistic Artist

Neurodivergent Community Experiences



Rejection Sensitivity

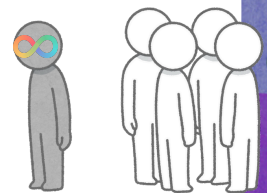
“My RSD shows up at least daily. Over interpreting peoples body language, did they just pull a face at me? Did I say something wrong? They don’t like me, they are think I’m weird, I shouldn’t sit there in case they don’t want me to.

It shows up at 3am when I’m laying in bed thinking of all the times that I said something silly or wrong or how someone may have interpreted something I said or did.

It shows up in my parenting. It shows up in my work. It stops me from putting my art out there for fear of ridicule. It’s a creeping voice, a stabbing pain.”

— Carrie Suzanne

Neurodivergent Community Experiences



“I often use a quote that was shared with me by a client that fits this so well. The saying, people in glass houses shouldn’t throw stones.

If everyone has a glass house, mine is ten times bigger than yours, if you throw a stone, it’s almost guaranteed to break something in my glass house.”

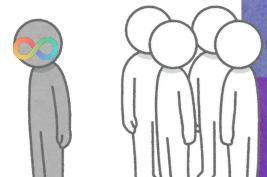
— Carrie Suzanne



“My RSD is very similar to Carrie Suzanne’s. It shows up everywhere.

I find as I get older though (I am 53) that I am more able to talk myself round it. I’m more able now to think, ‘it’s them not me’.”

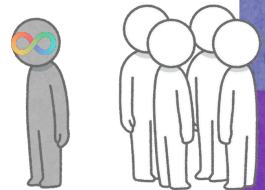
— Kate Laine-Toner- Autism Specialist



“RSD is being in a constant state of hyper vigilance, fixated on picking up the slightest sign of rejection from others.

And if you aren’t actively seeing something, your brain is in overdrive, pushing the negative narratives we hear internally.”

— The Atypical Educator



Rejection Sensitivity

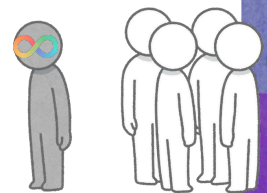
“Had it all my life- thought I was too sensitive and berated myself for not being mature/emotionally resilient.

Now that I recognise it for what it is, it is still very painful, but I can rationalise it more and lessen its impact.

I am a therapist who advocates for ND children in schools and this is an aspect of their neurodivergence that many school staff haven't heard of/don't understand.”

— Actually Autistic

Neurodivergent Community Experiences



Rejection Sensitivity

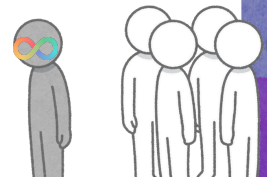
“It shows up everywhere for me. I am always doubting myself and worth.

I spend time each day processing my day and rejection sensitivity always gets involved and points out everything that was wrong.

I am working on processing my days and week without getting stuck on things. I try to work out if there is anything I can do about the situation that occurred and if there isn't then I work on letting it go with one of my providers.”

— Tonya Patricia

Neurodivergent Community Experiences



Rejection Sensitivity

People who experience rejection sensitivity may also.....

- Have low self-esteem and lack confidence in themselves and their abilities.
- Be people pleasers, to minimise the risk of being rejected or seen as failing.
- Become embarrassed or feel Self-conscious easily.
- Internalise their emotions.
- Avoid situations where there is a risk of them being rejected or perceived as failing.

Neurodivergent Community Experiences

