



REJECTION SENSITIVITY DYSPHORIA

RSD is a fancy phrase that means extra sensitivity to feeling rejected or criticized.

BASIC INFORMATION

Almost all adhders have rejection sensitivity it has also been identified in people **with** social anxiety disorder and bipolar disorder.

TREATMENT

- Medications such as clonidine, and guanfacine as MAO inhibitors (ask your Dr.)
- Therapy!
- Surround yourself with people who accept you just as you are.
- Practice self-compassion!



IMPORTANT FACTS

It consists of the tendency to:

1. Withdraw socially. RSD can cause women with ADD to withdraw from life when overwhelmed by stress or interactions where they feel criticized.
 2. Be easily embarrassed.
 3. Have low self-esteem.
 4. Misunderstand social cues to mean she is being criticized or rejected.
 5. Have very high standards that she often fails to meet.
 6. Be highly anxious.
 7. Have problems with relationships.
 8. Feel angry and have emotional outbursts, often due to feeling rejected or criticized by others.
- Women who have ADHD and RSD struggle with intense feelings of "not good enough". They feel guilty, broken, and flawed. You might feel like you will never fit in!

WHAT CAUSES RSD?

Bill Dodson describes RSD as part of ADHD. However, a well-known statistic often cited by ADHD researchers is that by age 12, most kids with ADHD have heard 2000 more negative messages than those without ADHD. It's difficult to tease out the impact of this kind of environmental criticism on ADHD.