

# ADHD

## REJECTION SENSITIVE DYSPHORIA (RSD)

### Therapist Neurodiversity Collective International

• Therapy • Advocacy • Education •  
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## DYSPHORIA "DIFFICULT TO BEAR"

- RSD is an emotional condition that ADHDers sometimes experience. It is triggered by the REAL or IMAGINED perceptions of:
- Teasing, Criticism, Rejection, Disappointing loved ones, failing to meet self-imposed standards, perfectionism, embarrassment, loss of approval, respect or love.
- RSD feels like: unbearable pain; overwhelming sadness; anger or rage; catastrophically emotional, & sometimes physical, pain; rumination.
- RSD looks like: hiding intense emotions & pain, people pleasing, suicidal ideation, rage at loved ones, giving up, withdrawal, low self esteem, hurting self, depression.
- How to help: Show love, compassion, empathy, understanding; teach perspective-taking, resilience & self-regulation. Get professional help.