ADHD REJECTION SENSITIVE DYSPHORIA (RSD)

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.