

Rejection Sensitive Dysphoria Coping Plan

Recognise, understand, and build a personalised response plan for the intense emotional pain of RSD.

Name: _____ Date: _____ Clinician: _____

What is RSD? Rejection Sensitive Dysphoria (RSD) is an intense emotional response to perceived or actual rejection, criticism, or failure — common in ADHD. The emotional pain is real and significant, even when the triggering event seems minor to others. This worksheet helps you recognise RSD and build a response plan.

RECOGNISING MY RSD

	Never	Rarely	Sometimes	Often	Always	
I experience intense emotional pain from perceived criticism or rejection			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My emotional reaction feels disproportionate to the situation			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid situations where I might fail or be rejected			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I people-please to prevent any possibility of rejection			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I replay interactions obsessively looking for signs I did something wrong			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Even positive feedback feels insufficient compared to one negative comment			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I experience RSD at work, in friendships, and in romantic relationships			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY RSD PROFILE

My most common RSD triggers:

What RSD feels like in my body:

How I typically behave when RSD is activated:

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The aftermath — how I feel after an RSD episode:

MY COPING PLAN

In the moment of RSD I will:

The grounding technique that works best for me:

What I can tell myself to reality-check the situation:

Who I can reach out to for perspective:

How I will care for myself after an RSD episode:
