Under the Oak Training

Rejection Sensitivity Dysphoria *Checklist*

BROADLEAF

Developed with neurodivergent folk front of mind

Rejection Sensitivity Dysphoria (RSD) describes an experience of heightened sensitivity to intended or perceived criticism. Most people dislike rejection. RSD can result in significant distress, pain as well as feelings of guilt and shame. This can negatively impact self esteem, sense of self and participation.

Name & date of birth:

Date completed:

Duration - how long does it generally take to recover from everyday rejection?

Frequency - how often do you experience feelings of rejection?

Which of the below descriptions resonate with your experiences of rejection:

Body Sensations

heart racing	headache
chest pain	dizziness
feeling hot	stomach sinking
sweating	numbness
feeling cold	dry mouth

Notes:

Thoughts and Feelings

fear, panic, terror	racing thoughts
shame, embarrassment	anger, defensiveness
blank mind, dissociating	worthlessness, low self esteem

Notes:

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General Impacts

Distress about rejection lasts a long time/is hard to recover from
Preoccupied by worries about possible future rejection
Plagued by past memories of rejection or replaying to detect rejection
Avoiding people, places or activities that risk rejection
Need to leave events or interactions
People pleasing and perfectionism to avoid rejection
Addictions
Conflict and risk avoidance
Even helpful feedback is distressing
Significant escalation in anxiety when being evaluated
Mood shifts rapidly based on responses from others
Others have mentioned my rejection sensitivity or seeking reassurance
Worrying when others are laughing or speaking quietly
Assuming blame for other's reactions

Notes:

Activities/Environment Impacted

work/volunteering - applications processes, field of work, conditions
study/learning - attendance, submitting work, presentations
relationships - family, friends, dating, pets
groups - social and community events
health - movement, hydration, eating, accessing healthcare
commuting - driving, public transport, travel
hobbies, leisure, nature time
appearance - clothing

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Helpers

breathing	movement
grounding	affirmations
fidgeting	co-regulation
distraction	nature break
art	music

Notes:

Reflection

Example of something you have survived that others would find incredibly hard but you would say is still easier than experiencing rejection:

Let's celebrate the time and effort you have taken to complete this checklist!
While rejection is rarely enjoyable, you may have experienced more pain, stress and discomfort in situations of both intended and perceived rejection. You also deserve strategies that support ease, managing feedback, strengthening self trust and confidence when you perceive rejection. Take your time with this new self knowledge and consider if you might would like to share this information with trusted loved one, community, peer or neurodiverse affirming professional.

Further support documents you might wish to explore:

- *Glimmers Checklist - stimulus/experiences that generate awe, joy or peace*
- *Triggers Checklist - stimulus/experiences causing pain or distress*

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**Dana and Rasa are cousins*