

Rejection Sensitive Dysphoria

1. Reflect on a recent situation where you felt rejected or criticized. How did it make you feel? What were the thoughts and emotions that arose? How did you respond to those feelings?

2. Describe any patterns you notice in your reactions to perceived rejection or criticism. Are there specific triggers or situations that tend to elicit a stronger response? How does RSD impact your daily life and relationships?

3. Explore any core beliefs you hold about yourself in relation to rejection or criticism. Are there any negative self-perceptions that influence your reactions? Where do these beliefs come from, and do they align with reality?

4. Consider the impact of RSD on your interpersonal relationships. How has it affected your ability to trust and connect with others? Have you noticed any unhealthy relationship dynamics resulting from your fear of rejection?

5. Reflect on coping mechanisms or strategies you have tried in managing RSD. What has been effective for you? Are there any new approaches or techniques you would like to explore?
