



# Rejection Sensitivity Dysphoria Checklist



Developed with neurodivergent folk front of mind



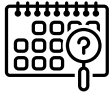
*Rejection Sensitivity Dysphoria (RSD) describes an experience of heightened sensitivity to intended or perceived criticism. Most people dislike rejection. RSD can result in significant distress, pain as well as feelings of guilt and shame. This can negatively impact self esteem, sense of self and participation.*

**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:



# Rejection Sensitivity Dysphoria Checklist



Developed with neurodivergent folk front of mind



## 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

Notes:



# Rejection Sensitivity Dysphoria Checklist



Developed with neurodivergent folk front of mind



## 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*



Dana Kabaila (she/her) is a neurodivergent counsellor in Naarm (Melbourne), Vic. You can contact her at -  
**Ph: 0431 829 498**  
**E: [dana@undertheoaktraining.com](mailto:dana@undertheoaktraining.com)**

Rasa Kabaila (she/her) is a neurodivergent Nurse Practitioner in Port Macquarie, NSW. You can contact her on her at -  
**E: [broadleaf.hnp.services@gmail.com](mailto:broadleaf.hnp.services@gmail.com)** or  
**<https://broadleafhnp.services.com/contact/>**

*\*Dana and Rasa are cousins*