

Rejection Sensitive Dysphoria

As discussed in the video, RSD is that strong negative emotional reaction that we have to criticism, no matter how kind. If we think someone is criticizing us, we feel horrible and hate ourselves. Our anxiety skyrockets, and if we're overwhelmed enough we can end up doing things that hurt us and/or others.

If RSD is a big problem for you, long-term solutions you may want to consider include:

- Medication:
 - Antidepressants that are shown to help with anxiety
 - Blood pressure medication that helps with anxiety (e.g., Intuniv, Clonidine)
 - MAOIs
- Counselling/talk therapy, especially Cognitive Behaviour Therapy (CBT)

Use the space below to brainstorm things you can do in the moment when you feel RSD coming on. A few ideas have been added to get you started. When you think you have it figured out, you can write your final choices on the printable RSD Coping Cards (see next page—print them on card stock). Cut them out and laminate them, and tuck one into your wallet and another into your Coping Kit.

Share your results with us on Tumblr (<http://actuallyadhd.tumblr.com>) via Asks or Submissions! If you're having trouble coming up with ideas, this can be extremely helpful!

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Coping Card

Short-Term & Immediate Solutions to Help Me Cope



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Empowering ADHDers through community, understanding, encouragement, practical advice, and accurate information.

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