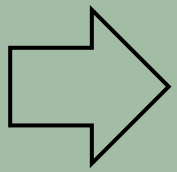


Rejection Sensitive Dysphoria (RSD) in ADHD:



Understanding the Impact of Trauma

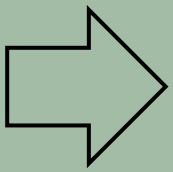


What is Rejection Sensitive Dysphoria (RSD)?

RSD is an intense emotional response to perceived or actual rejection, criticism, or failure. Individuals with ADHD are more likely to experience RSD, which can lead to overwhelming feelings of shame, sadness, or anger, even in response to minor setbacks or misunderstandings.

Estimated 70–90% of people with ADHD experience RSD to varying degrees

Rejection Sensitive Dysphoria (RSD) in ADHD:

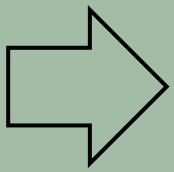


Key Features of RSD



- Extreme emotional pain triggered by real or perceived rejection or criticism
- Sudden mood shifts such as sadness, anger, or anxiety
- Avoidance behaviors to prevent possible rejection (e.g., withdrawing from social situations)
- Low self-esteem and heightened self-criticism
- Difficulty with relationships due to fear of rejection

Rejection Sensitive Dysphoria (RSD) in ADHD:

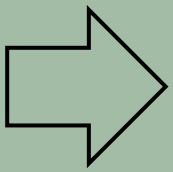


Why is RSD Common in ADHD?

- **Neurological differences:** ADHD affects emotional regulation, making it harder to manage intense feelings.
- **Frequent negative feedback:** People with ADHD often receive more criticism or correction, increasing sensitivity to rejection.
- **Social challenges:** Difficulties with attention and impulsivity can lead to misunderstandings or social slip-ups, reinforcing fears of rejection.



Rejection Sensitive Dysphoria (RSD) in ADHD:



The Role of Trauma in RSD

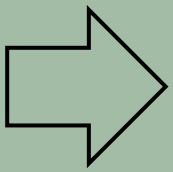


Trauma, especially in childhood, can intensify RSD in individuals with ADHD.

Experiences such as bullying, neglect, or repeated criticism can create deep-seated fears of rejection and amplify emotional responses.

While trauma does not necessarily increase the likelihood of experiencing RSD (as it's already common in ADHD), it significantly intensifies the severity and frequency of RSD symptoms.

Rejection Sensitive Dysphoria (RSD) in ADHD:

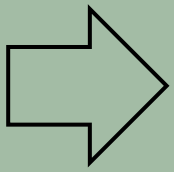


How Trauma Affects RSD



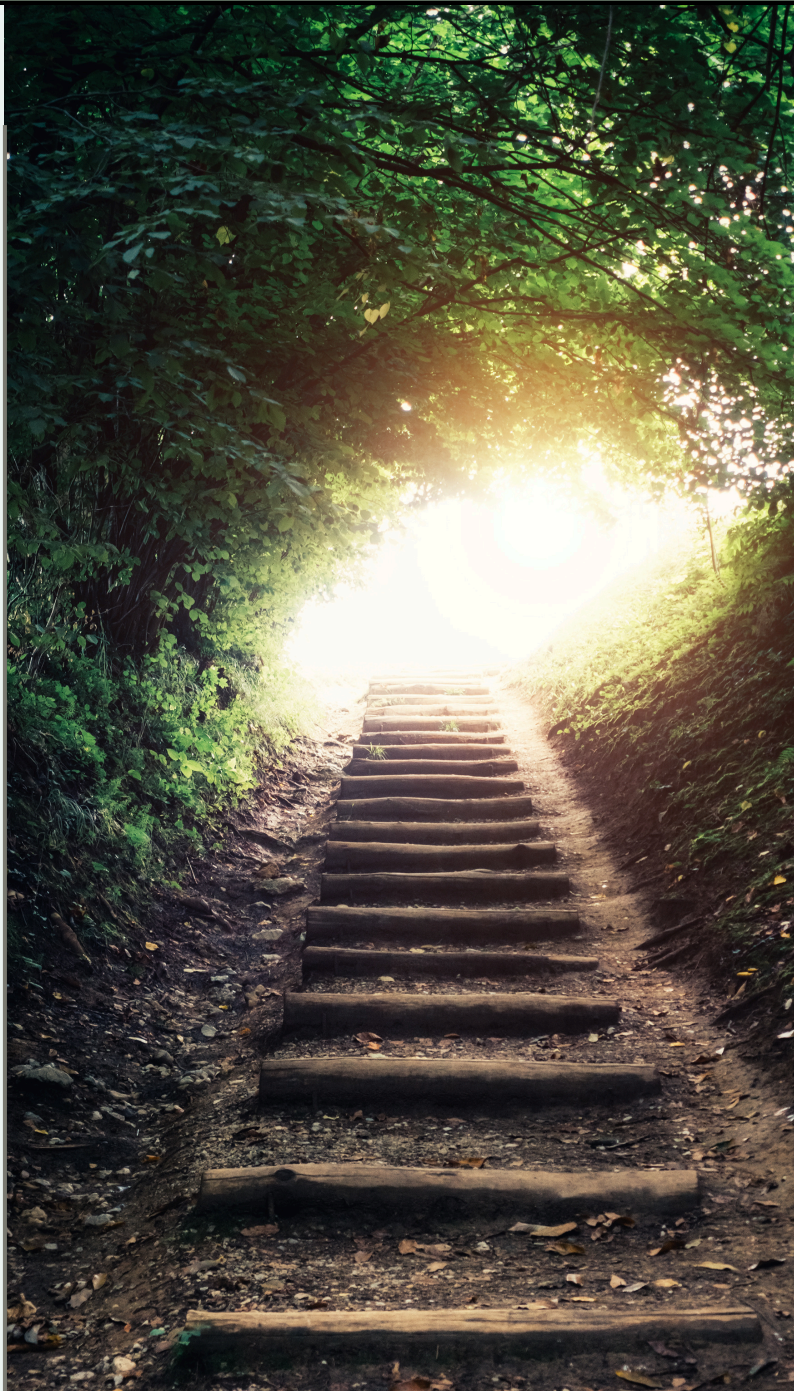
- **Heightened sensitivity:** Trauma can make the brain more alert to threats, including social rejection.
- **Negative self-beliefs:** Traumatic experiences can reinforce feelings of unworthiness or fear of abandonment.
- **Emotional flashbacks:** Current situations may trigger memories of past rejection or trauma, leading to disproportionate emotional reactions.

Rejection Sensitive Dysphoria (RSD) in ADHD:

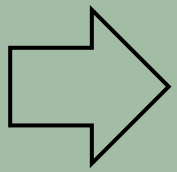


Strategies for Managing RSD

- **Self-awareness:** Recognise triggers and patterns in emotional responses.
- **Mindfulness and grounding techniques:** Practice staying present to reduce emotional overwhelm.
- **Cognitive-behavioural strategies:** Challenge negative thoughts and reframe self-criticism.
- **Therapy:** Trauma-informed therapy can help process past experiences and build resilience.
- **Support networks:** Connect with understanding friends, family, or support groups.



Rejection Sensitive Dysphoria (RSD) in ADHD:



Signs RSD May Be Affecting Daily Life



- Avoiding new opportunities or relationships due to fear of rejection
- Overreacting to constructive feedback or minor disagreements
- Persistent feelings of shame or worthlessness
- Difficulty trusting others or forming close connections

For more information or support, contact your healthcare provider or a licensed mental health profession