

2-MINUTE TIP:

REJECTION SENSITIVITY SYNDROME

Reading Every Cue for Signs of Rejection

- Expecting rejection can make every interaction feel like a test of acceptance and worth. It becomes the filter for every interaction.
 - Rejection Sensitivity (RS) is the tendency to anxiously expect, readily perceive, and overreact to signs of rejection, even when none is intended.
 - RS can stem from early experiences of inconsistent care, criticism, bullying, or emotional neglect—where attention and approval felt unpredictable or unsafe.
 - It's common in many conditions, especially ADHD, borderline personality disorder (BPD), and social anxiety disorder. Among people with ADHD, it's sometimes called Rejection Sensitive Dysphoria—marked by sudden emotional collapse after perceived criticism or exclusion.
 - People with RS often scan for rejection clues: a delayed text, a neutral tone, a friend's tired face. A simple misunderstanding can trigger intense hurt, anger, or withdrawal.
 - So, this pattern can sabotage relationships—leading to defensive behavior, emotional outbursts, or sudden distancing before actual rejection happens.
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- Healing involves building self-awareness ("Is this my RS talking?"), reframing perceived slights, strengthening self-compassion, and using therapies like CBT, DBT, or ACT to challenge painful thinking loops.
 - Delay - before reacting to a presumed rejection, stop. Do not act on this supposition. Subsequent interaction may prove your guess wrong.
 - Remember, most perceived rejections are from people who are generally there for you before and after and not rejecting at all.
 - Bottom line: Feeling rejected doesn't always mean you are rejected. Learning to pause, check the story, and offer yourself grace can slowly unhook RS from running your emotional life.

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