

REJECTION SENSITIVITY

VS. ASP - rejection sensitivity

... a biased, needless emotional pain that occurs w/o a real or perceived loss of approval, love or respect. ³³
- William R.holes, M.D.

... a tendency to anxiously expect, readily perceive & intensely react to rejection. ³³

Disproportionate "HARD TO BEAR"

is situated, validated by research

an emotional condition associated w/ ADHD

NOT IN DSM and not much research on it. RSDs not recognized!

EVEN HAPPENS WHEN REJECTION IS ANTICIPATED

ADHD: Food, Sleep, Energy, Focus, Social Interact., Emotional Trauma

ADHD: Disruptive, Impulsive, Inattentive

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It doesn't really make sense, because we are more sensitive to rejection, our body goes into FIGHT, FLIGHT, FREEZE (or PANIC). Our body & brain work together to protect us from harm. But in our case, our brain is telling us that there is a threat, even when there isn't. It's like our brain is overreacting to a situation that isn't really dangerous.

Caroline Maguire, MD, PhD

Associated with many psychiatric disorders, with ADHD, related to emotional regulation difficulty AND actual rejection

Children & adolescents with ADHD have lower social performance, more social rejection, and are more likely to be bullied.

up to 70% of kids with ADHD have no close friends by third grade.

Rejection and 2010 Social Norming program for children & teens, which is a better way to help kids with ADHD.

THE FOUR R'S

GREEN = Startling or painful level of anxiety and thinking clearly
a strong or deliberate when rejection is possible
a strong self, not to be, therefore, will be strong
a good time to avoid stress for protection when
emotions are high, but a danger
emotional rejection is not, this is a normal reaction

YELLOW = Emotional rejection is not, this is a normal reaction
a strong self, not to be, therefore, will be strong
a good time to avoid stress for protection when
emotions are high, but a danger
emotional rejection is not, this is a normal reaction

RED = Emotional rejection is not, this is a normal reaction
a strong self, not to be, therefore, will be strong
a good time to avoid stress for protection when
emotions are high, but a danger
emotional rejection is not, this is a normal reaction

1 RECOGNIZE

The brain is amazing, but the brain is not perfect. It can be tricked into believing that rejection is real.

2 RESPOND

Our first thoughts are often a reflection of our current state of mind. When we are in a state of emotional rejection, our thoughts are often negative and self-critical.

3 REFLECT

Work with a "WISER" on reframing self-validation to undo the harmful past rejection. Reframe with CBT & DBT.

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HOW TO HANDLE REJECTION

INTERNALIZED DYSPHORIA

- Shame & Humiliation
- For Being Rejected

EXTERNALIZED DYSPHORIA

- LASH OUT IN RAGE
- A PEFIX THAT IS VINDICTIVE, PEPPY FIRST TO TRY TO KEEP ppl AWAY BECAUSE YOU FEEL SO
- SOAK STRONG AGAINST THOSE WHO HURT US

INTERNALIZING vs EXTERNALIZING

INTERNALIZING: The pain that we feel is from our situation in the moment.

EXTERNALIZING: The pain that we feel is from our situation in the moment.

STRATEGIES

- In the GREEN** (Energy, Focus)
- In the YELLOW** (Focus, Energy)
- In the RED** (Disruptive, Impulsive)

RSD

can also happen when we feel overwhelmed or overwhelmed by our emotions, particularly if we are not used to it, and it's not a complete surprise.

INTERNALIZING vs EXTERNALIZING

INTERNALIZING: The pain that we feel is from our situation in the moment.

EXTERNALIZING: The pain that we feel is from our situation in the moment.

CBT

Change your thoughts, change your feelings, change your actions.

DBT

Distress Tolerance, Emotion Regulation, Mindfulness, Interpersonal Effectiveness.

PEOPLE PLEASERS

To avoid feeling rejection in any way.

UNCOMFORTABLE HATER

People who are uncomfortable with rejection and hate people who reject them.

SHOULD STICKLER

People who have a lot of "should" statements and feel guilty when they don't follow them.

FAIRNESS JUDGER

People who judge others based on their own sense of fairness.

TRUTH TELLER

People who tell the truth, even when it's uncomfortable.

LABELER

People who label others based on their own perceptions.

MIND READER

People who think they know what others are thinking.

THE FACES OF COGNITIVE DISTORTIONS

RIGHT FIGHTER

- Always right about their own beliefs and their own actions.
- Always right about their own actions.
- Always right about their own actions.

BLAMER

- Always blame others for their own problems.
- Always blame others for their own problems.
- Always blame others for their own problems.

CHARACTERIZER

- Always characterize others based on their own perceptions.
- Always characterize others based on their own perceptions.
- Always characterize others based on their own perceptions.

CONCLUSION JUMPER

- Always jump to conclusions about others based on their own perceptions.
- Always jump to conclusions about others based on their own perceptions.
- Always jump to conclusions about others based on their own perceptions.

DENIER

- Always deny their own feelings and emotions.
- Always deny their own feelings and emotions.
- Always deny their own feelings and emotions.

ALL-OR-NOTHING THINKER

- Always see things in black and white.
- Always see things in black and white.
- Always see things in black and white.

EMOTIONAL REASONING

- Always believe that their feelings are facts.
- Always believe that their feelings are facts.
- Always believe that their feelings are facts.

PERSONALIZATION

- Always believe that other people's actions are about them.
- Always believe that other people's actions are about them.
- Always believe that other people's actions are about them.