

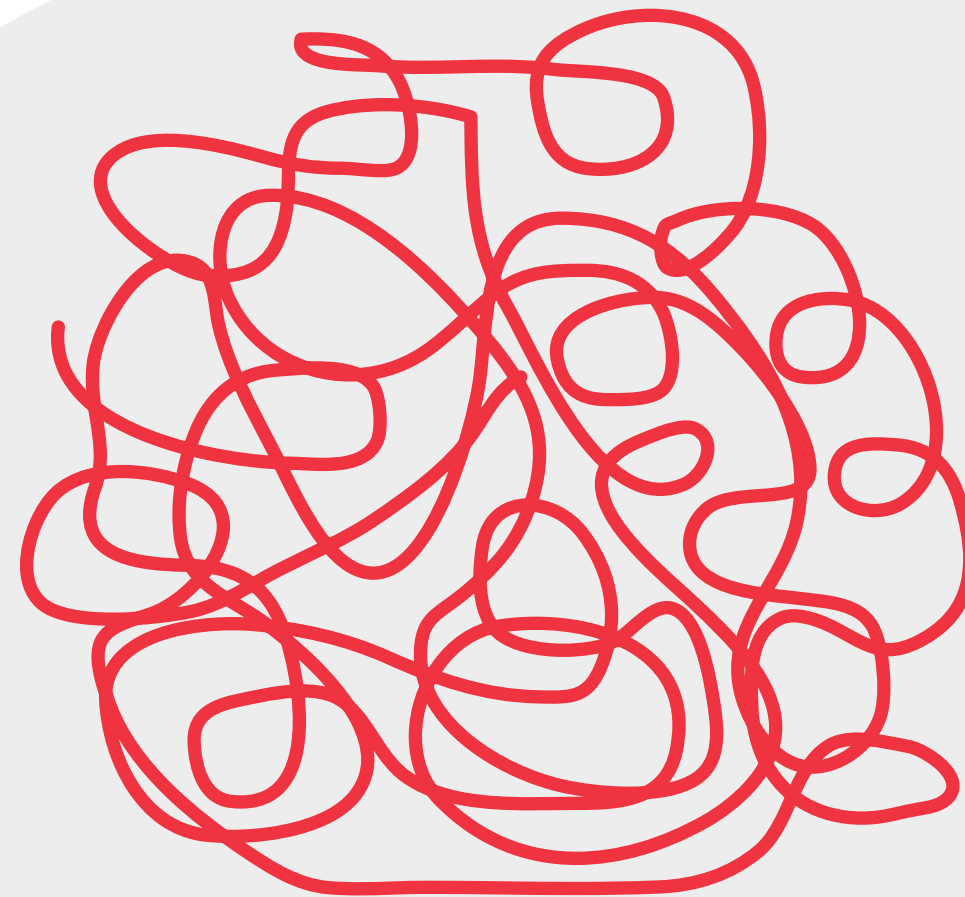
# REJECTION SENSITIVITY

Office of Disability and Access  
Ursinus College



# WHAT IS REJECTION SENSITIVITY?

also called "rejection sensitive dysphoria"  
type of emotional dysregulation  
unbearable pain when experiencing  
rejection, criticism, or teasing



# HOW IS THIS RELATED TO DISABILITY?

Common in ADHD

Frequently connected to or misdiagnosed as social anxiety

Also confused with mood disorders



# WHAT ARE THE SYMPTOMS?

- Sudden emotional outbursts following real or perceived criticism or rejection
- Withdrawal from social situations
- Negative self-talk and thoughts of self-harm
- Avoidance of social settings in which they might fail or be criticized
- Low self-esteem and poor self-perception
- Constant harsh and negative self-talk that leads them to become “their own worst enemy”
- Rumination and perseveration
- Relationship problems, especially feeling constantly attacked and responding defensively



Source: Dodson, 2022



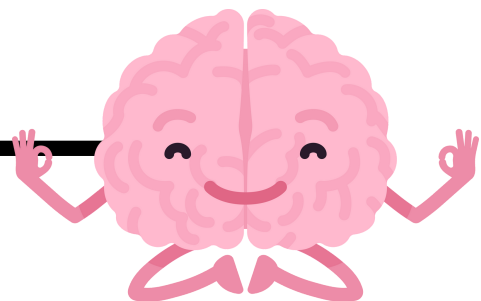
# WHAT CAN WE DO ABOUT IT?

Create new patterns of understanding and responding:

- Remember or keep a list of times that you've persevered through discomfort
- Identify and focus on your strengths (write them down!!)
- Name one (or more) good thing and one bad thing from each day
- The STAR Method: Stop, Think, Act, and Recover during tough situations
- Remember that feelings are not bad! Sensitivity can be a strength!

Therapy and medication (often for ADHD) can help, too!

**YOU  
GOT  
THIS!**



Sources: Saline, 2023 (ADDitude) & Cleveland Clinic