



Activity: RSD Self-Check: What's Familiar to You?

You don't need to relate to every item on this list. Even a few can shape your daily life.

Emotional Symptoms

- Sudden waves of emotional pain that feel overwhelming
- Mood crashes after perceived rejection or criticism
- Feeling broken or defective when someone corrects you
- Spiraling into shame, hopelessness, or self-blame
- Anger or rage that feels explosive or out of proportion

Behavioral Responses

- Withdrawing or isolating after a trigger
- Avoiding feedback or conflict at all costs
- People-pleasing or over-apologizing to stay "safe"
- Explosive reactions or meltdowns that come on fast
- Shutting down or mentally going blank
- Obsessively replaying conversations or interactions

Physical Symptoms

- Tightness or heaviness in your chest
- Stomach discomfort, nausea, or sudden digestive changes
- Headaches after emotional stress
- Hot flashes, chills, or numbness in your body
- Total exhaustion after intense emotional episodes

Cognitive Patterns

- Constantly scanning others for signs they're upset
- Interpreting neutral faces or silence as rejection
- Catastrophizing: "I ruined everything."
- Losing access to clear thinking when triggered
- All-or-nothing thoughts: "They hate me now."