

RSD

Have you ever made a mistake and felt a terrible feeling?

Or maybe someone said did something wrong and you felt they must hate you?

That's called Rejection Sensitivity Dysphoria (RSD).

That's a big name for an immense feeling. Other ADHD kids also feel this.

RSD can make little things feel HUGE—like making a mistake or thinking someone is upset with you.

You might feel angry or like you are the worst person in the world when this feeling happens.

RSD can feel like
this

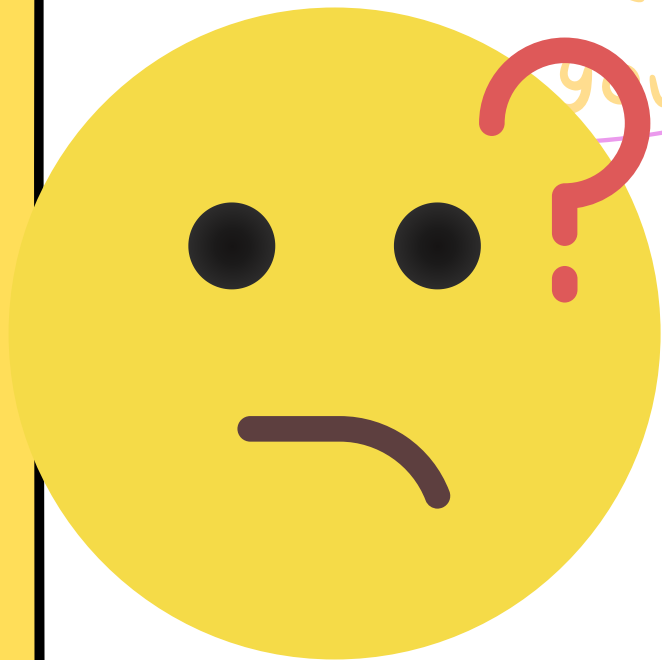


it's okay to feel

Confused



your feelings



Sad

Hurt



Angry

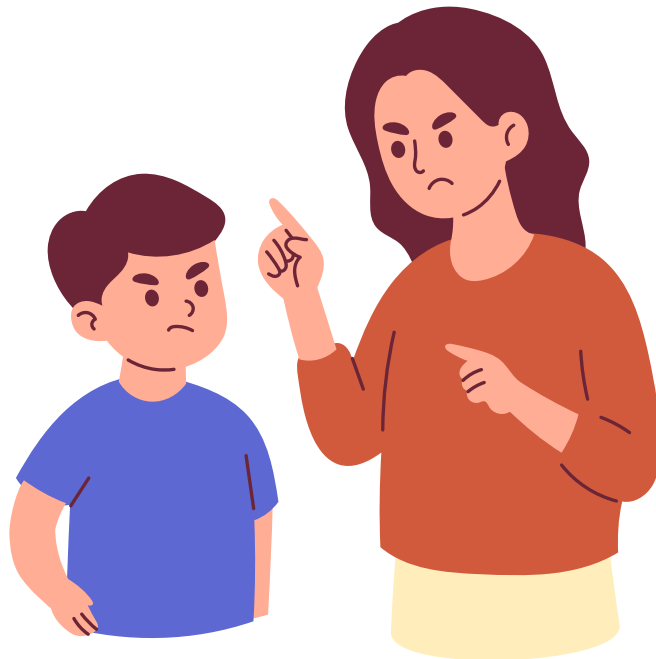


Things That Make you Feel RSD

When Someone Criticizes You

If a teacher, parent, or friend says, "You're doing it wrong," it might feel like they don't like you.

You might feel sad or think, "I'll never get it right," even if they're just trying to help. RSD can happen then.



Things That Make you Feel

RSD

When You Make a Mistake

If you make a mistake, like forgetting your homework, and get yelled at for it, RSD can happen.

You might think, "Everyone's mad at me," or "I'm not good enough."



Things That Make you Feel RSD

When Someone Leaves You Out

If your friends play without you, or you aren't invited to a party.

It might feel like, "They don't like me anymore!"

RSD can happen then.



You can Color this in



What Can You Do?

Pause and Breathe

Take three deep breaths and say, "I am loved and safe no matter what."



What Can You Do?

Talk to Someone You Trust

Find a grown-up, a teacher, or a friend you trust.

Share how you're feeling. Talking about your feelings can help you see that the mistake or problem isn't as big as it feels.

They can remind you of all the great things about you, too!



What Can You Do?

Focus on What You Did Well

Think of something you did that made you proud.

Draw or write about one thing you did that made you feel proud.
You can ask your parents for help if you need to.



A Reminder About Kindness

When you feel upset about how someone treated you or something they said, remember:

- People shouldn't say hurtful things, and it's okay to feel sad or mad if they do.
- Your feelings always matter.

If someone says something unkind or mean, remind yourself:

- 💡 That's their opinion, not the truth about me.
- 💡 I need to share how I'm feeling with a grownup

You can also let people know directly how their words made you feel. Talking about it can help others understand and treat you more kindly in the future.