



Worksheet 5: How to Explain My RSD to Someone I Trust

Why it matters:

Being misunderstood during an RSD episode can deepen shame. This helps you plan a conversation with someone who wants to support you.



What I Want Them to Understand:

"RSD is like an emotional allergic reaction to rejection. I'm not being dramatic—I'm overwhelmed."



What I Feel During an Episode:

"My thoughts spiral, and my body feels like I'm in danger."



What Helps Me:

- Gentle reassurance: "You're still okay with me"
- Reminders that we're connected
- Time to calm down before problem-solving



What I Don't Need:

- Being told I'm imagining it
- Attempts to fix it right away
- Being called too sensitive or dramatic



What Support Looks Like: