



# Mapping My RSD Triggers

## Why it matters:

Understanding your RSD triggers isn't about avoiding everything. It's about preparing with kindness and knowing where to offer yourself the most support.

## Common Trigger Themes:

- Criticism or correction
- Feeling ignored or excluded
- Changes in tone or facial expression
- Silence (texts not returned, someone going quiet)
- Being misunderstood
- Making a mistake or needing help



## Your Personal Map:

**People / Situations That Spike My RSD:**

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