



THE RSD TOOLKIT TO MANAGE SENSITIVITIES IN DAILY LIFE

Dr. Sharon Saline: Clinical Psychologist & ADHD Expert

Specializing in Integrative Strategies to manage ADHD, anxiety, executive functioning skills, learning differences & mental health in neurodivergent children, teens & adults.



WHAT IS SOCIAL ANXIETY?

Social Anxiety is a distinct fear in one or more social situations where you are exposed to potential (negative) scrutiny from others. Worries about humiliation and rejection are persistent, often restricting your activities, interests and relationships.

YOU MAY HAVE SOCIAL ANXIETY IF YOU CONSISTENTLY SAY THINGS LIKE:

- "I will surely embarrass myself"
- "I am not smart"
- "People won't like me"
- "I am not much fun"



DID YOU KNOW?

- Social Anxiety is one of the most common of all of the anxiety disorders.
- Researchers estimate that anywhere from 1/3 to 1/2 of adults with ADHD live with social anxiety too.



REMINDER - Social anxiety & RSD are intimately related ... but different.



WWW.DRSHARONSALINE.COM

WHAT IS REJECTION SENSITIVITY DYSPHORIA - ALSO KNOWN AS RSD

1

A SYNDROME MARKED BY UNBEARABLE FEELINGS OF pain following an actual or perceived rejection. These intense feelings, directly related to emotional dysregulation, lead to an expectation that others will pull back their support, love, or respect. RSD causes extreme emotional pain that plagues both children and adults -- even when no actual rejection has taken place.

2

RSD FALLS UNDER THE UMBRELLA OF SOCIAL ANXIETY

because it takes these worries to the next level. Folks with ADHD and RSD may hold onto and repeat unkind words or actions directed towards them for months or years. It's as if you just can't seem to shake off a negative comment and believe at some level that you deserve it. You think you've fallen short and, with your exquisite sensitivity, no matter what anyone else says, you just can't bounce back.

3

STRUGGLING TO LET GO OF PAST HURTS, PEOPLE WITH RSD

refrain from reaching out socially, managing conflict directly, and feeling good enough. They have false core beliefs about their deficiencies and quickly become overwhelmed by tidal waves of intense anger, hurt, shame and sadness. Common reactions are angry outbursts or social withdrawal and disengagement.





PEOPLE WITH ADHD AND RSD NEED to feel the loving presence of caring friends and family. Surround yourself with people who love and support you. You can increase your self-esteem and learn to enjoy connecting with others. Most of all, you'll nurture your own resilience, build tools for bouncing back and develop core beliefs related to what's lovable about YOU.



4 TIPS FOR REDUCING Rejection Sensitivity Dysphoria

WHAT PEOPLE WITH ADHD, SOCIAL ANXIETY AND RSD

need to remember is that simply living with these conditions doesn't make you weak or incapable. You are just wired to feel things more intensely and replay unpleasant interpersonal interactions over and over.

1

IDENTIFY LIMITING CORE BELIEFS AND NEGATIVE SELF-TALK.

Find evidence that contradicts or supports those beliefs. Remember that no one is judging you as harshly as you judge yourself. Talk to people in your life who love and know you best and get their perspective on all your best qualities.

2

RECALL A SITUATION WHEN YOU WERE UNCOMFORTABLE AND PERSEVERED.

Focus on positive feelings and outcomes from this experience and build on it. Your past successes are proof that you can succeed again.

3

PLAN POSITIVE SELF-TALK PHRASES AND REINFORCE YOUR STRENGTHS.

Build your confidence and quiet your inner critic with reminders of your gifts and traits. Write down 3 good (or good enough) things that happened each day before bed. Shine a light on your accomplishments and strengths and treat yourself with compassion.

4

QTIP-QUIT TAKING IT PERSONALLY.

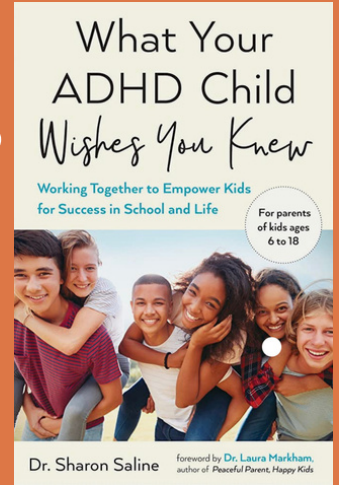
Remind yourself that you may perceive a rejection that isn't there or someone may just be thoughtless. Consider the source and ask if this is something worth holding onto? Take setbacks in stride and shift your attention to doing what you love rather than what hasn't worked.

LET'S STAY CONNECTED



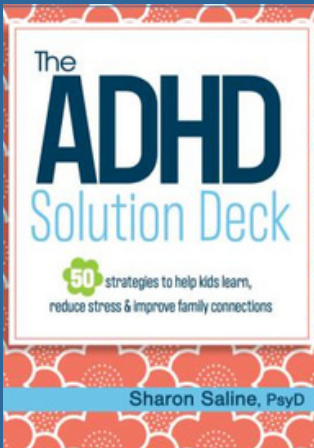
NEED MORE RESOURCES
& SUPPORT?

65K
COPIES
SOLD



Best Books Awards Winner
Mom's Choice Awards Winner

What Your ADHD Child Wishes
You Knew: Working Together
to Empower Kids for Success in
School and Life

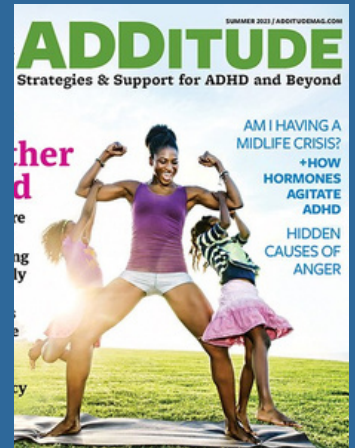


THE ADHD SOLUTION DECK

Effective strategies
for reducing stress,
building skills and
fostering self-
esteem

WEEKLY FACEBOOK LIVES

Join the discussion!
Find me weekly on
@ADDitudemag's
Facebook Page
for an open discussion.



[@drsharonsaline](https://www.instagram.com/drsharonsaline) - www.drsharonsaline.com - info@drsharonsaline.com