

RSD REALITY CHECK

Test the story before you act on it. For the text left on read, the flat tone, the feedback that landed like a verdict. Check the catastrophic version against what's actually in front of you, before you send the apology, disappear, or spiral for three hours.

01 // WHAT THIS IS

EVIDENCE CHECK FOR A REJECTION SPIKE

Rejection Sensitive Dysphoria is the intense pain that follows a perceived, not necessarily actual, rejection or criticism. The reaction is fast and disproportionate because the nervous system is responding to threat, not evidence. This worksheet doesn't talk you out of the feeling. It gives the feeling somewhere to go while you check the story.

02 // HOW TO USE IT

- 1. Name the moment.** One specific event, described plainly: the text, the tone, the feedback, the being left out.
- 2. Catch the RSD story.** The catastrophic read, written exactly as it sounds in your head. Don't clean it up.
- 3. Run the evidence check.** What supports it, side by side with what doesn't. The "against" column is usually longer once you slow down enough to fill it in.
- 4. Name the more likely explanation.** The boring, probable alternative. The one you'd offer a friend who came to you with this exact story.
- 5. Name what you need right now.** Reassurance, space, distraction, or one clarifying message. Smaller than the crisis the story implied.

03 // WHEN TO USE IT

A NOTE BEFORE YOU START

This works best once the initial wave has crested slightly, enough to hold a pen and read a sentence. If you're mid-spike and can't focus on it yet, that's normal; come back once the intensity has dropped a notch. It supports therapy and personal insight work rather than replacing it.

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RSD REALITY CHECK

DATE / TIME

THE MOMENT (WHAT ACTUALLY HAPPENED)

01 // THE RSD STORY

The catastrophic read, in its own words. They're done with me. I'm too much. I ruined it.

02 // THE EVIDENCE CHECK

What Actually Supports It

Observable evidence only. Not what it felt like.

What Doesn't

Everything that cuts against the story, including boring logistics.

03 // THE MORE LIKELY EXPLANATION

The probable, unglamorous alternative. The one you'd offer a friend with this same story.

WHAT I NEED RIGHT NOW

ONE THING I'M NOT GOING TO DO YET

THE STORY FEELS LIKE FACT. IT'S A GUESS. CHECK IT BEFORE YOU ACT ON IT.