

# SPOTTING YOUR RSD PATTERNS

Creating awareness of your unique rejection sensitivity experience

## YOUR RSD BASELINE

Take a moment to reflect on how rejection sensitivity shows up for you. There's no wrong answer here-just your experience.

### Physical Sensations

What happens in your body when you feel rejected?

- Chest tightness
- Stomach dropping
- Face getting hot
- Throat closing
- Heart racing
- Other: \_\_\_\_\_

### Thought Patterns

Which thoughts typically arise?

- "I knew they didn't like me"
- "I always mess things up"
- "I'm too much/not enough"
- "I'll never get this right"
- "Everyone else handles this better"
- Your common thought: \_\_\_\_\_

## IDENTIFYING YOUR TRIGGERS

Circle the situations that typically activate your RSD:

### Communication Triggers

- Delayed text responses
- Being interrupted in conversation
- Critical feedback at work
- Social media interactions
- Group conversations
- Other: \_\_\_\_\_

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## Relationship Triggers

- Plans being cancelled
- Not being invited
- Partner seeming distant
- Friend boundaries
- Family dynamics
- Other: \_\_\_\_\_

## YOUR PERSONAL RSD CYCLE

Fill in your typical pattern:

1. Trigger happens: \_\_\_\_\_
2. My first physical sensation: \_\_\_\_\_
3. My automatic thought: \_\_\_\_\_
4. What I typically do next: \_\_\_\_\_
5. How long it usually takes to recover: \_\_\_\_\_

## REWIRING OPPORTUNITIES

Where in this cycle could you pause?

What would you like to try differently next time?

Remember: Awareness without judgment is the first step in rewiring. You're not trying to stop feeling - you're creating space to respond differently.