

Rejection Sensitivity Process

Rejection Sensitivity might kick in when...

- Someone leaves you on read
- You get blocked randomly
- You aren't invited to join in
- People talk secretly without you
- You see people having a good time without you
- You don't understand an inside joke
- Everyone disagrees with you

This could lead to thoughts of...

- Something is wrong with me
- Have I done something wrong?
- I hate my life
- I hate everyone
- Why does no one like me?
- I'm fed up, I can't do this anymore
- People are better off without me

As well as feelings of...

- Anxiety
- Hatred
- Frustration
- Fear
- Depression
- Loneliness
- Overwhelm
- Anger/Rage

The effect of this might be...

- Acting impulsively
- Meltdown/Shutdown
- Losing friends/family/romantic partners
- Being excluded from a group
- Self-harm/suicidal thoughts
- Being perceived negatively
- Trust issues

Things that might help...

- Removing/distancing yourself from the situation
- Distracting yourself with interests/comforts/stims
- Talk/vent to someone
- Try to remember that your feelings are valid

ALT-TEXT:

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ALT-TEXT ENDS