A PAUSE, A PRACTICE, A NEXT STEP

Rejection Sensitivity

Pause when a social moment feels painful.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Name the social trigger

Describe the observable event without deciding its meaning yet: “They have not replied since this morning.”

01 / Notice and reflect

What did I observe?

02 / Notice and reflect

What meaning did I add?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Ask for support when these reactions interfere with relationships, school, or work, or lead to impulsive harm. A clinician can assess related concerns and help build a plan without relying on a label alone.

Read more: Mayo Clinic · Self-esteem and self-talk

More tools and immediate support: Our Healing Room / Crisis Support.