

REJECTION SENSITIVITY DYSPHORIA

Trigger: What was happening when you felt rejected?

Story: What story did you tell yourself?

Alternatives: What other stories can you think of?

Reaction: What thoughts, emotions, body sensations did you notice? What action did you take?

Evidence: what evidence can you find to support your story?

It's not unusual for this box to be left empty! If you do have evidence, be sure to only include facts, not feelings!

Strategies: How can you care for yourself following this trigger?