

Could You Have Rejection Sensitive Dysphoria (RSD)?

This is a self-test to help you become aware of whether you have experiences similar to those of RSD. Answering True does not necessarily mean you have RSD or another disorder. Only a qualified diagnostician can make a diagnosis.

<input type="checkbox"/> True <input type="checkbox"/> False	I have experienced feeling sad or depressed when someone is critical of me or doesn't approve of something I did?
<input type="checkbox"/> True <input type="checkbox"/> False	I have experienced feeling depressed or sad when I <u>think</u> someone <u>might not</u> like me or <u>might be</u> critical of me.
<input type="checkbox"/> True <input type="checkbox"/> False	At times, I have been told I am "sensitive" because of my intense emotional reactions.
<input type="checkbox"/> True <input type="checkbox"/> False	I can be my own worst critic.
<input type="checkbox"/> True <input type="checkbox"/> False	My emotions can change quickly from feeling perfectly fine to being very sad and self-critical.
<input type="checkbox"/> True <input type="checkbox"/> False	When I think I have lost someone's respect I can feel an overwhelming sense of emotional pain.
<input type="checkbox"/> True <input type="checkbox"/> False	I have passed up opportunities for new jobs because I was afraid I would fail, be criticized, or not meet someone's expectations.
<input type="checkbox"/> True <input type="checkbox"/> False	I can be a perfectionist.
<input type="checkbox"/> True <input type="checkbox"/> False	I have avoided meeting new people or forming new relationships because I am not sure people would like who I really am.
<input type="checkbox"/> True <input type="checkbox"/> False	I feel like a phony at times.
<input type="checkbox"/> True <input type="checkbox"/> False	I feel anxious in social situations, worried that I will do or say something that will be embarrassing or cause someone to dislike me.
<input type="checkbox"/> True <input type="checkbox"/> False	I am a people pleaser. I often try to do or say things that will make sure people think of me favorably.
<input type="checkbox"/> True <input type="checkbox"/> False	I can feel very very angry when my feelings are hurt.
<input type="checkbox"/> True <input type="checkbox"/> False	I sometimes don't say what I really think in order not to be rejected.
<input type="checkbox"/> True <input type="checkbox"/> False	It can take days for my intense emotions to subside.

Review your totals. If you answered True to 8 or more questions, and have concerns about possible RSD please see a trained health care professional, as there is a possibility that you may have Rejection Sensitive Dysphoria. This self-test is not a substitute for a diagnosis.