

# Rejection Sensitive Dysphoria (RSD) & Autism

## GROUP WORK

Accepts a heavy workload in group work to avoid conflict and to please others.

## CLASS SEEMS TOUGH?

Will drop out of a class if it seems too hard and might lead to failure. Unable to ask for help to remedy this.

## DROPPING OUT

May impulsively drop out of college or university without any prior warning to family. Fear of failure dictates school is a dangerous place.

## CAN'T SHARE IDEAS

Unable to share ideas during class discussions to protect self against judgement, ridicule, or conflict.

## IN SCHOOL

## CREATIVE THINKING IS TOO RISKY

May have unique and creative ideas but will not explore these in essays or thesis for fear of negative feedback, conflict, or rejection.

## TEARS AND MORE

Can lose emotional control if negative feedback is given. May cry in class, storm out, or even quit the class.

## PLAYING IT SAFE

Will take courses where academic success is guaranteed rather than choose one that aligns with their goals.

## TEACHER VIBES

Concludes teacher dislikes them from editing remarks given on a project. Will skip that class often or drop it.

For more information on RSD, [click here](#) or scan the QR Code

