

Rejection Sensitive Dysphoria (RSD) & Autism

IN FRIENDSHIP

At the slightest hint of conflict, may fear the friendship is over. May ghost the friend to avoid being rejected.

May resent the time their friend spends with any other friends or with family responsibilities.

Vulnerable to participating in risky behaviour to gain acceptance and avoid rejection.

An unanswered text or a canceled get-together can trigger catastrophic thinking: the friendship is over! Rejections can feel like a punch in the stomach.

May give money and possessions to their friend, do their homework, housework or other errands. Why? To avoid the pain of rejection.

May perceive a friend who's in a rush or has a neutral expression to be angry at them and ready to end the friendship.

May grieve a lost friendship for years, ruminating over every interaction to identify what went wrong.

May adopt the hairstyle, fashion, music or media choices of the friend to gain acceptance. Personal preferences are masked.

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

