

Rejection Sensitive Dysphoria (RSD) & Autism

BELIEVES OTHERS DON'T LIKE THEM

May interpret body language, tone, or words of others as proof they have been rejected.

WILL QUIT TO AVOID TERMINATION

Perception of rejection or suggestions to improve work performance may prompt quitting to avoid being fired.

CONFLICT IS A STRUGGLE

May find it hard to resolve or even address everyday workplace conflicts. May avoid teamwork to avoid potential conflict.

WON'T ASK FOR HELP

Avoids asking for help, believing it shows a lack of knowledge and others will judge them as incompetent.

IN THE WORKPLACE

STRUGGLES TO SAY 'NO'

Agrees to help others or does more because saying 'no' feels like it will cause painful rejection.

NO TOLERANCE FOR RISK

Avoids applying for promotions or volunteering for projects for fear of risking failure.

DREADED FEEDBACK

May take feedback or corrections as personal criticism. Corrections feel like a failure. Annual reviews cause extreme anxiety.

TAKES ON TOO MUCH

Does extra work to please others. This can cause burnout, affect performance, and increase fear of making a mistake.

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

