

Rejection Sensitive Dysphoria (RSD) & Autism

OVER-THINKING

May mentally scan every conversation, text, or social media post for signs of partner's loss of interest in the relationship.

HIDING EMOTIONS

Is devastated if a partner plans a boy's or girl's night out. Feelings of rejection, inadequacy and anxiety may overwhelm.

NON-VERBAL DISCONNECT

May misinterpret facial expressions, tone of voice or behaviours as rejection or anger from their partner.

INSECURITY

Fear of being judged a bad partner for things like forgetting to tidy up. May believe their partner wants to leave them after any minor issue.

IN INTIMATE RELATIONSHIPS

OVERLY AGREEABLE

Will defer to the preferences of the partner to avoid conflict and keep them happy. Always on high alert for signs of disapproval.

BREAK-UPS

Will end a relationship first to avoid being the one who is rejected. May expect the relationship to end at the first sign of conflict.

GIVING UP ON LOVE

Past experiences of repeated rejection can lead to giving up on trying to find a love interest. The pain of rejection is too intense.

MASKING

May mask to please their partner, tolerating bad behaviours or choices to avoid being rejected.

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

