

RSD First-Aid Card

When the rejection-sensitivity spike hits, ask:

Q1: 'Is what I'm feeling proportional to what actually happened?'

(Often the answer is no - the body is reacting to a memory, not the moment.)

Q2: 'What is the single most generous interpretation of their behavior?'

(Not the kindest - the most generous that's still plausible.)

Q3: 'If I wait 24 hours, what will I still believe matters here?'

(Most of it will dissolve. What remains is what to act on.)