

EXERCISE: Create Your RSD Emergency Kit

Plan support tools for moments of rejection sensitivity

Physical grounding I will use: _____

Mental grounding I will use: _____

People I can reach out to: _____

Things I will NOT do for 24 hours:

- Send messages
- Make decisions
- Take dramatic action
- Quit / cancel things
- Other:

Reminders to tell myself:

Tip: Strong feelings are real - the story may not be.