RSD RECOVERY WORKSHEET

Move through rejection sensitivity with compassion

What happened? (facts only): _____

_____

_____

_____

How did I feel? (emotional reaction): _____

_____

_____

_____

What did my body do ?: _____

_____

_____

What helps me regulate after this ?: _____

_____

_____

_____

What would I say to a friend in this situation ?: _____

_____

_____

Notes / reminders:

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

You are allowed to recover at your own pace.