



## Rejection Sensitivity

Rejection sensitivity is a psychological phenomenon characterized by an intense fear of rejection, often leading individuals to anticipate, perceive, and react strongly to rejection, criticism, or disapproval from others. While rejection sensitivity is not exclusive to ADHD (Attention-Deficit/Hyperactivity Disorder), there is evidence to suggest that individuals with ADHD may be more susceptible to experiencing rejection sensitivity due to a combination of factors related to ADHD symptoms and associated difficulties in social interactions.



## Rejection Sensitivity

**Impulsivity:** Impulsivity is a core symptom of ADHD. Individuals with ADHD may act impulsively in social situations without fully considering the consequences, leading to misunderstandings, conflicts, and potential rejection.

**Difficulty in Social Interactions:** ADHD can impair social skills such as maintaining attention during conversations, interpreting social cues accurately, and regulating emotions. These difficulties may lead to social awkwardness or misinterpretations of others' intentions, increasing the likelihood of feeling rejected or misunderstood.



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**Emotional Dysregulation:** Emotional dysregulation is common in ADHD, causing individuals to experience intense emotions that may be difficult to manage.

Rejection or perceived rejection can trigger strong emotional reactions, exacerbating feelings of anxiety, sadness, or anger.

**Negative Feedback Loop:** Rejection sensitivity can create a negative feedback loop in individuals with ADHD. Fear of rejection may lead to avoidance of social situations or reluctance to engage with others, further hindering social skills development and perpetuating feelings of rejection.



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Low Self-Esteem: Repeated experiences of rejection or perceived rejection can erode self-esteem in individuals with ADHD, making them more vulnerable to future instances of rejection sensitivity.

It's important to note that not all individuals with ADHD experience rejection sensitivity, and the severity can vary widely among those who do. Additionally, rejection sensitivity can occur in individuals without ADHD as well.



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Treatment approaches for rejection sensitivity in ADHD may involve a combination of psychoeducation, cognitive-behavioral therapy (CBT), dialectical therapy (DBT), social skills training, and medication management to address core symptoms of ADHD and associated difficulties in emotional regulation and social interactions.