

Rejection Sensitivity Test (RSD-12)

Neurodevelopmental Screening Report

38

/ 48

Score

79%




Percentage

Severe rejection sensitivity - profile consistent with RSD

Result

Your score is consistent with what William Dodson described as Rejection Sensitive Dysphoria. The intensity, speed and bodily nature of these reactions are not

Category Breakdown

Category	Distribution	Pts
Emotional reactivity		14
Behavioral avoidance		12
Cognitive distortion		12

Your Responses

Each answer contributed to your score.

#	Question	Your answer	Pts
1	When I sense rejection, the emotional pain hits me much harder than it seems to hit other people. <input type="button" value="REA"/>	Often	3
2	Criticism or a negative comment can hit me physically: tight chest, nausea, sudden tears. <input type="button" value="REA"/>	Sometimes	2
3	Feeling rejected can overwhelm me so completely that I can no	Sometimes	2

#	Question	Your answer	Pts
	longer think clearly for hours. <input type="button" value="REA"/>		
4	When someone seems disappointed in me, I feel crushed, far beyond what the situation calls for. <input type="button" value="REA"/>	Often	3
5	I push myself to be perfect mostly to avoid being criticized, not because I want excellence. <input type="button" value="AVO"/>	Sometimes	2
6	I say yes when I really want to say no, just to avoid disappointing people. <input type="button" value="AVO"/>	Often	3
7	I avoid situations where I might be judged or fail, even when they really matter to me. <input type="button" value="AVO"/>	Often	3
8	When I sense possible rejection coming, I withdraw or go silent before it can actually happen. <input type="button" value="AVO"/>	Often	3
9	If someone is not warm with me, I immediately assume they dislike me. <input type="button" value="COG"/>	Sometimes	2
10	After a social interaction I replay the details for hours: did they look strange? did I disappoint them? <input type="button" value="COG"/>	Often	3
11	A single rejection can make me feel like everyone is rejecting me. <input type="button" value="COG"/>	Often	3
12	I anticipate rejection long before it might actually happen, and the anticipation exhausts me. <input type="button" value="COG"/>	Often	3



AI Interpretation by Claude (Anthropic)

claude-sonnet-4-20250514

James, your score of 38 out of 48 on this Rejection Sensitive Dysphoria screening is high and consistent with what William Dodson described as a genuine RSD profile. The intensity and the speed with which rejection affects you are not character flaws, they are symptoms of a hyper-reactive emotional regulation system.

Your highest dimension is emotional reactivity (14/16, 87%). What this means in practice: when you perceive rejection, criticism, or disapproval, the emotional pain hits you with an intensity that people around you probably do not understand. Your body reacts before your mind does: tight chest, nausea, tears that arrive without warning, an inner sense of collapse. This is not overreacting, it is a documented neurobiological pattern.

Your scores on behavioural avoidance (12/16) and cognitive distortion (12/16) show that you have developed strategies to survive with that reactivity: you are probably very good at anticipating possible rejection, pleasing others, avoiding situations where you could be judged, and reinterpreting ambiguous signals as confirmation that someone does not like you. These strategies worked at some point, but they now consume an enormous amount of daily energy.

From the inside, this profile often feels like this: a hypersensitivity to other people's emotions that is sometimes beautiful (it makes you very empathic) and sometimes unbearable (it leaves you exhausted after any interaction). It is very common in people with adult ADHD, especially when diagnosed late, and also in autistic profiles with prolonged masking. The constant feeling of being on the edge of disappointing someone has a biological explanation.

The most useful short-term step would be to speak with a clinician familiar with adult ADHD and neurodivergent presentations. RSD is not a formal DSM-5 diagnosis, but practitioners who recognise it can offer very concrete strategies, including specific medication classes (alpha-agonists such as guanfacine and clonidine) which have shown notable results in this exact pattern. Self-compassion practices and somatic nervous-system regulation tools also help significantly. You are not broken. Your nervous system is simply calibrated to detect rejection with painful precision, and it can be recalibrated.

Recommendations

Speak with a clinician familiar with adult ADHD and neurodivergent presentations. RSD is currently not a DSM-5 diagnosis but practitioners who recognize it can offer targeted strategies, including specific medication classes (alpha-agonists like guanfacine and clonidine) that have shown promise in this exact pattern. Self-compassion practices and somatic regulation tools also help significantly.

Important Notice

This report is a screening tool only and does not constitute a medical or psychological diagnosis.

This test does not replace a professional evaluation. For a reliable diagnosis, please consult a neuropsychologist, psychiatrist, or qualified healthcare professional.