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SAMPLE · fictional data

Sample report

Rejection Sensitivity Test (RSD-12)

Self-assessment questionnaire

Prepared for	Date	Questions	Reference
James Wilson	April 22, 2026	12	00000036

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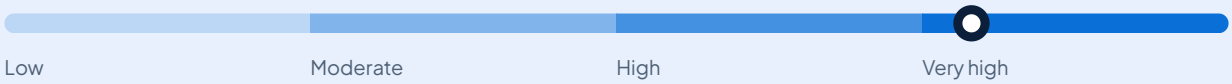
This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

38 / 48

Severe rejection sensitivity – profile consistent with RSD

79 % of the maximum score



Your score is consistent with what William Dodson described as Rejection Sensitive Dysphoria. The intensity, speed and bodily nature of these reactions are not weaknesses - they are symptoms of a hyper-reactive emotional regulation system. People with this profile often describe living with a constant low-grade dread of social interactions, even successful ones. Many cope by becoming high-achieving people-pleasers, which is exhausting and unsustainable.

By dimension

As a percentage of each dimension's maximum, so they can be compared.

Behavioral avoidance	**69 %**	11 / 16
Cognitive distortion	**69 %**	11 / 16
Emotional reactivity	**62 %**	10 / 16

Least marked Most marked

What your answers say

Written by Claude (Anthropic) from your answers.

Least marked

Emotional reactivity · 62 %

Most marked

Behavioral avoidance · 69 %

Thank you for taking the time to complete this screening and for being open to exploring how rejection sensitivity may show up in your life. A score like yours—38 out of 48, or 79.2%—suggests you may experience emotional reactions to perceived rejection, criticism, or disapproval that feel intense, fast, and difficult to shake. If this resonates with your daily experience, please know you are far from alone. Many people navigate a world where a slightly delayed text reply or an offhand comment from a colleague can trigger a wave of hurt, anxiety, or self-doubt that feels disproportionate to the moment. This is a common and deeply human experience, especially for those whose nervous systems are wired to detect social threat with heightened sensitivity.

Looking at your category breakdown, your emotional reactivity (REA: 14) and cognitive patterns (COG: 12) appear notably elevated alongside avoidance behaviors (AVO: 12). In plain terms, this may mean that when you sense rejection—whether real or imagined—your emotional response can feel sudden and overwhelming, your thoughts might spiral into self-critical or catastrophic interpretations, and you may find yourself withdrawing from situations or relationships to protect yourself from that pain before it happens. These patterns often develop as understandable coping mechanisms, not personal flaws.

Moving forward, there are gentle, practical steps that can help. Practicing mindfulness or grounding techniques in moments of perceived rejection can create a pause between the trigger and your reaction, giving your nervous system space to settle. Journaling about recurring thoughts after a triggering interaction can help you notice patterns and gradually challenge overly harsh self-interpretations. Building a toolkit of self-compassion phrases—reminders that one person's reaction doesn't define your worth—can also soften the sting when it arises.

Please remember this screening is not a diagnosis, but a starting point for self-understanding. A licensed therapist, counselor, or psychologist can offer personalized strategies, deeper insight, and meaningful support tailored to your unique experience. Reaching out for that support is a courageous and hopeful step, and healing patterns like these is absolutely possible with the right guidance and care.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

Severe rejection sensitivity – profile consistent with RSD

Talk to a clinician familiar with adult ADHD and neurodivergence. RSD is not a DSM-5 or ICD-11 diagnosis, but a professional can help you understand these reactions, check for related conditions such as ADHD, anxiety or depression, and discuss the support options that suit you. Self-compassion practices and body-based regulation tools can also help.

To talk about it with a professional

Psychologist, therapist, doctor: this report can start the conversation.

- Bring page 2 (result by dimension).
- Note one or two situations that were hard for you lately.
- Say what you would like to change, even vaguely.

Need to talk to someone now? Call Suicide & Crisis Lifeline on **988**, or 911 in an emergency.

This report is a self-assessment tool. It does not replace an assessment by a professional. For a reliable diagnosis, see a neuropsychologist, a psychiatrist or another qualified healthcare professional.

Prepare your appointment

Doctor, psychiatrist, psychologist, neuropsychologist: bring this page. Fill it in a few days before, when examples come to mind.

My key figures

Rejection Sensitivity Test (RSD-12) · 38 / 48 (79 %) · Severe rejection sensitivity - profile consistent with RSD

Most marked: Behavioral avoidance (69 %), Cognitive distortion (69 %)

Test taken on April 22, 2026 · reference 00000036

Examples from my daily life

Work or studies, home, relationships: two or three concrete situations, with what happened.

Since when?

Was it already there in childhood or adolescence? School reports or a relative's memories can help.

What I would like to change

Even vaguely: what costs you the most energy today.

Questions I can ask

- ☐ Is a full assessment useful in my case, and with whom?
- ☐ How long is the wait, and what can I do in the meantime?
- ☐ Could something else explain this (sleep, stress, thyroid, another condition)?
- ☐ What support exists, at work or in my studies?
- ☐ What should I bring next time?

Your answers

Scale from “Never” to “Always”.

#	Question	Your answer	Pts
Emotional reactivity · 10 / 16			
1	When I sense rejection, the emotional pain hits me much harder than it seems to hit other people.	Often	**3**
2	Criticism or a negative comment can hit me physically: tight chest, nausea, sudden tears.	Sometimes	**2**
3	Feeling rejected can overwhelm me so completely that I can no longer think clearly for hours.	Sometimes	**2**
4	When someone seems disappointed in me, I feel crushed, far beyond what the situation calls for.	Often	**3**
Behavioral avoidance · 11 / 16			
5	I push myself to be perfect mostly to avoid being criticized, not because I want excellence.	Sometimes	**2**
6	I say yes when I really want to say no, just to avoid disappointing people.	Often	**3**
7	I avoid situations where I might be judged or fail, even when they really matter to me.	Often	**3**
8	When I sense possible rejection coming, I withdraw or go silent before it can actually happen.	Often	**3**
Cognitive distortion · 11 / 16			
9	If someone is not warm with me, I immediately assume they dislike me.	Sometimes	**2**
10	After a social interaction I replay the details for hours: did they look strange? did I disappoint them?	Often	**3**
11	A single rejection can make me feel like everyone is rejecting me.	Often	**3**
12	I anticipate rejection long before it might actually happen, and the anticipation exhausts me.	Often	**3**