

SELF-COMPASSION EXERCISE

Safe In Our World x Susi Bauer

Rejection is difficult for everyone - it registers in the same part of the brain as pain because humans are a social species who seek communities.

Some people with ADHD experience **Rejection Sensitive Dysphoria (RSD)** which is an extreme pain from real or even perceived rejection. This can sometimes look like an individual is reacting with extreme sadness or even rage.

It's important to be mindful that people who experience RSD are not just "sensitive", **their brains are processing rejection in a different way.**

This self-compassion exercise was built to help you:

- identify and understand your emotions,
- put them into perspective and accept them,
- and practice kindness toward yourself when experiencing rejection.

Instead of fighting rejection-related emotions, self-compassion exercises encourage you to **notice them without judgement.** Working through this 3-step exercise can help lessen the emotional weight of rejection.

MINDFULNESS

Sometimes, it can be difficult to identify & make sense of our emotions. Make some time to figure out what it is you're feeling, and write it down unfiltered. Try to accept those feelings without judging them.

Example: "I'm feeling really sad and disappointed after not getting the job I wanted. I'm hurt and frustrated. And it's okay to feel this way."

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COMMON HUMANITY

Remind yourself that rejection is part of being human. Reflecting on how setbacks are a natural experience in life for everyone can help you put things into perspective and the rejection can start feeling less personalised.

Example: "Rejection is tough but it's a common experience. I have been rejected - but so have a thousand other candidates aside from one single person. This is not a reflection of my worth."

SELF-KINDNESS

Finally, after accepting the feelings and that they're part of being human, practice self-kindness by offering yourself words of comfort, understanding, and support, just like you would to a friend.

Example: "I'm very proud of myself for putting myself out there, and for trying. Rejection is part of the journey, and I'm worthy of support and I will find something that'll work for me."

This self-compassion exercise is inspired by Kristin Neff's work.