

Rejection Sensitivity Reflection

A recent moment when I felt hurt by someone's words, actions, or silence was...

Describe what happened and how it made you feel. This could be something small—like someone not replying to a message—or something bigger.

What thoughts came up for me in that moment?

Did your mind go to “They must be mad at me,” or “I always mess things up”? This is your chance to name the inner critic or fear that showed up.

Is there another way I could view this situation with more self-compassion or curiosity?

Try to gently reframe your experience. Could it have been a misunderstanding? Is there a kinder story that doesn't blame you?

A boundary or calming strategy that might help next time is...

This could be reminding yourself of your worth, journaling, setting a communication limit, or stepping back from a conversation to regroup.