

MOMENTS THAT CAN INTENSIFY REJECTION SENSITIVITY



THE LAST STRAW MAY BE
SMALL. THE LOAD UNDERNEATH
MAY NOT BE.

1

A brief or delayed reply

2

Unexpected criticism

3

**A change in someone's
tone**

4

Not being invited

5

Making a visible mistake

6

Unclear feedback

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER