

A NEW DAY PEDIATRIC PSYCHOLOGY

HEALING THE HURT. EDUCATING THE MIND. INSPIRING THE SOUL.



A New Day Pediatric Psychology, PLLC falls under the vision of Dr. Ann-Louise T. Lockhart, Pediatric Psychologist and Board Certified in Child and Adolescent Psychology.

A New Day specializes in evidence-based behavioral health treatment, interventions, and psychological evaluations for children, adolescents, and adults with known or suspected behavioral health and/or medical conditions affecting all aspects of development and functioning.

Rejection Sensitive Dysphoria: Too Afraid to Fail

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A NEW DAY PEDIATRIC PSYCHOLOGY



ADHD is strongly associated with Rejection Sensitive Dysphoria (RSD). This is due to the dysregulation of emotions, thoughts and behaviors. Like many emotional responses, many people are confused when an individual responds in what appears to be an extreme and exaggerated manner. Much like a highly sensitive person, individuals with RSD are often misunderstood. RSD impacts children, teens and adults.

They may internalize (pull in) this sense of rejection, which shows up as social anxiety, shyness, social phobia, or depression. If it's externalised (pushed out) it can look like anger issues, oppositional and defiant behavior (like ODD), bipolar disorder, or lead to suicidal thinking.

People with RSD are often misunderstood. You say “How did you do on your math test today? We had a hard time reviewing that subject yesterday.” Your child says: “What? You think I’m stupid? I probably failed. You happy?!” How in the world did they hear that message? You asked about the test, but you may have had a hesitation in your voice or defensive in your tone, because you are expecting a battle or push-back. Your child picks up on this as judgment or criticism. The result? Explosion and rage toward the one who has “made me feel bad about myself”.

You know in TV shows where teenagers intentionally do bad things just because their parents expect them to do it anyway? They often internalize a perceived sense of rejection they picked up from you. So, now they’re just meeting your expectation (of them failing).

There are parts in our brain that look and scan for inconsistencies in communication and behavior. We try to make sense of things that don’t add up. Their brain says to them: “Someone expressing concern over something I feel insecure about just reminds me of how much of a failure I am.”

The truth is individuals with ADHD and RSD feel like a failure, a disappointment, invisible, and insignificant. As cliché as it may sound, kindness and communication go a long way. Everyone is going through something that we don’t know about. We all have our own battles so a little act of kindness may go a long way. Even children go through their own battles. So a little reminder: Kids, teens, adults and parents train each other. We all learn from each other.

As you respond to your kids, they respond to you. You teach your kids how to interact with you. With their heightened scanning system, they may interpret and misread your social cues.



**If you need help with
this process,
our Team provides
parent coaching
virtually.
We can help you
navigate these
struggles.**

**Contact us at 210-816-
4149 or visit us at
www.anewdaysa.com.**



Visit www.anewdaysa.com
for more info.

The purpose of this newsletter is to educate, inspire, and bring healing and awareness by discussing a variety of behavioral health and medical conditions.


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So here are some things you can do to help your child with Rejection Sensitivity Dysphoria:

- Help them develop executive functioning skills.
- Build their feeling vocabulary.
- Ask for a do-over before things explode.
- Acknowledge patterns of interacting and commit to changing them.
- Be aware of your communication style and how you're coming across.
- Stay connected and present.

Your ultimate parent goal with your children is to remember not to speak to your child's emotions with logic, but speak with understanding. Kids want to feel seen and understood. They want to be validated. Even if you don't understand their emotions or their reactions, that's okay. Empathize with how real the feelings are for them. Validate their experience as significant for them. Don't focus on getting them to make you understand their struggles. Simply and lovingly validate the realness of their experience, even if you can't understand it.

HELPFUL SCRIPTS & REMINDERS FOR PARENT CHALLENGES

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Does my child feel heard, seen, noticed, nurtured, and in control?

I can see that you're frustrated and upset.

I think we are all getting on each other's nerves. It's time for us to reset.

What if I'm in the same situation, what would I feel?

My child is not trying to ruin my life.

I am a safe place for my child.

Many people feel that way when they...(make mistakes, don't do something right.)

My child wants my attention and time that's why he/she's acting out.



TELL US YOUR BIGGEST STRUGGLE RIGHT NOW

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