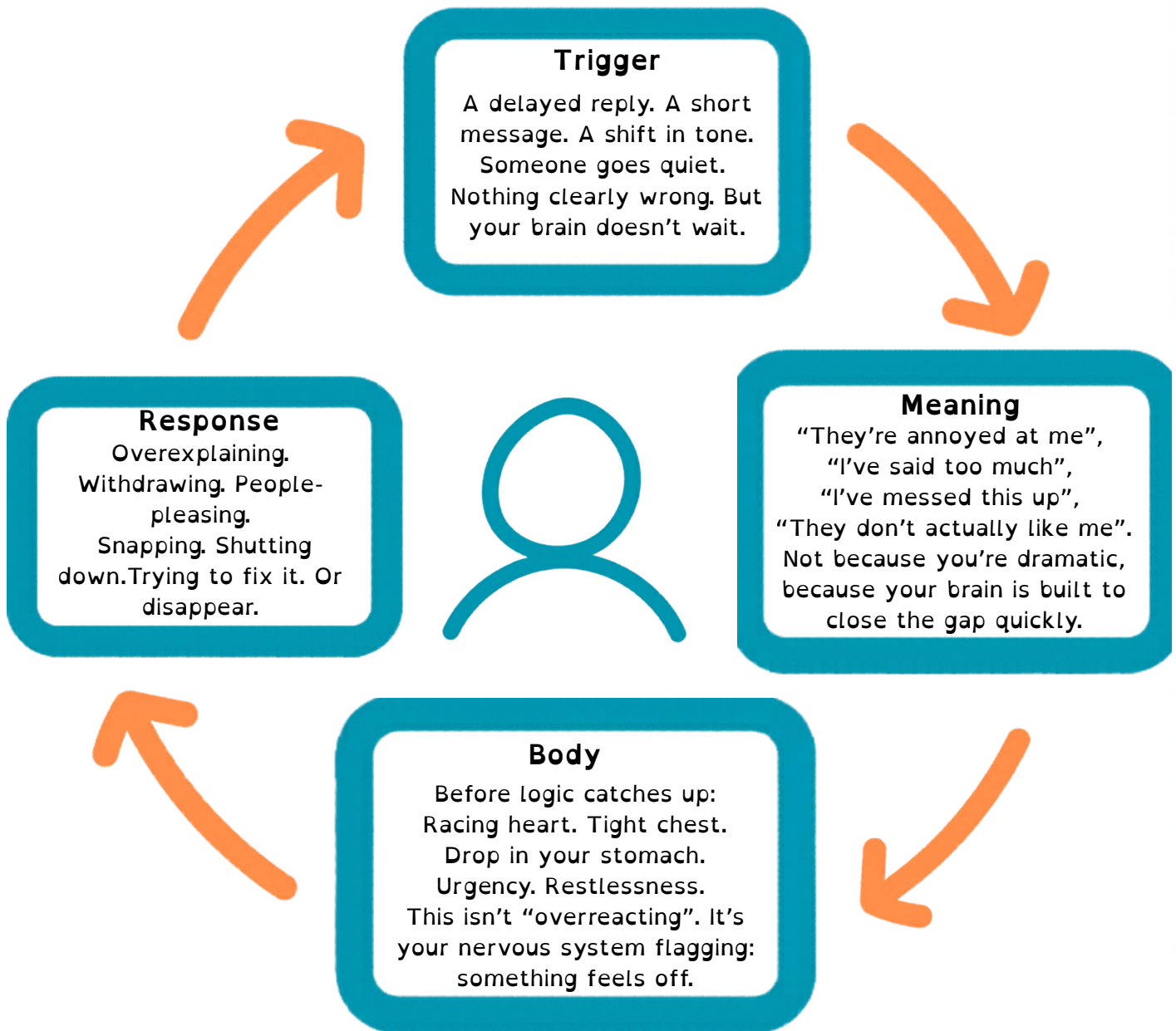


THE ADHD RSD RESET TRIGGER MAP

Why a delayed reply, change in tone, or unanswered message can send you into an overthinking spiral & what to do before shame takes over.



Aftermath: The moment passes, the spiral doesn't:

Replaying everything. Picking yourself apart. Feeling embarrassed. Too much. Or deciding to just, be less next time.



Important: This is a **pattern**, not proof. In inconsistent, unclear environments, your brain learned to fill in the blanks fast. That's not a flaw. That's adaptation.

RECLAIM

Not to fix yourself, to interrupt the pattern.

Recognise: “This feels like rejection.”

Experience: “This is RSD activation, not reality.”

Catch the story: What am I assuming? What else could be true?

Look for facts/assumptions: Where do I feel this? (Tension, chest, stomach, heat).

Acknowledge: Pause. Don’t react immediately.

Interrupt the pattern: Do something *different enough*: wait, step away, don’t send the extra message.

Move forward: Respond from intention, not urgency.

Read this again: This isn’t you being “too sensitive.” It’s a fast, learned pattern in a world that often is unclear.

Next step: Spotting the spiral is powerful.
Interrupting it is what changes things.

The **RSD Reset Toolkit (£27)** shows you how to do this *in real time*, not just understand it after the fact.

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