



ADHD Vault

5 SCRIPTS FOR RSD MELTDOWNS

Exact Words to Use When Your Teen Is Spiraling



You're Not Imagining It. And You're Not Alone.

Your teen explodes over something that seems small.
A comment. A look. A text that didn't come.

You try to help. You say,

"It's not a big deal."

And everything gets worse.

There's a reason for this. It's called **Rejection Sensitive Dysphoria (RSD)**—an intense emotional response to perceived rejection or criticism. It's extremely common in ADHD, affecting up to 99% of people with the condition.

RSD isn't drama. It's brain wiring. And the good news? How you respond can make a real difference.

Research shows that when parents lower their intensity and respond with validation, teens' nervous systems calm faster (Beauchaine, 2020).

Use them tonight.

Before You Speak: THE GOLDEN RULE

In the moment: Validation beats logic.

Your teen's brain is flooded. The rational part is offline. Trying to explain why they shouldn't feel this way will backfire.

Your job isn't to fix the feeling. It's to help it pass safely.



Social Rejection

The Situation: Left out or hurt by friends.

What NOT to Say: "Just ignore them."

“ That sounds really painful.
Do you want to talk about
it, or need some space first? ”

Why It Works: You validate the pain
and give them choice.



Academic Failure

The Situation: Bad grade or harsh
feedback.

What NOT to Say: "It's just one grade."

“ I can see this really
hit you hard.
When you're ready, we'll
figure it out together. ”

Why It Works: You acknowledge
the feeling before solutions.



Family Conflict

The Situation: Criticism or
family argument.

What NOT to Say: "You're being too sensitive."

“ I hear you. I'm sorry it hurt.
Can we talk about it
when things feel calmer? ”

Why It Works: You acknowledge
the feeling before solutions.



Internal Spiral

The Situation: Stuck in negative self-talk.

What NOT to Say: "Just let it go."

“ It sounds like your brain
is really loud.
I'm here if you need me. ”

Why It Works: You offer presence
without pressure.



Complete Shutdown

The Situation: Silent, withdrawn in room.

What NOT to Say: "You need to talk to me!"

“ I can see you're overwhelmed.
I'll be nearby
whenever you're ready. ”

Why It Works: You respect their space
& reassure them.



What's Next

Quick Reference: In Any RSD Moment

DO:

- ✓ Lower your voice (*don't match their volume*)
- ✓ Use fewer words, not more
- ✓ Offer choices instead of demands
- ✓ Stay nearby, even in silence

DON'T:

- ✗ Try to logic them out of the feeling
- ✗ Compare them to others
- ✗ Take their reaction personally
- ✗ Walk away in frustration



Tonight's Challenge

- Pick ONE script.
- Write the key phrase on a sticky note. Put it somewhere you'll see it.
- The next time emotions rise, try those words.

Just one moment handled differently can start to shift everything.

Want the Complete System?

These 5 scripts are just the beginning.

The **Teen Emotional Regulation & RSD System** is a complete video course that gives you:

- The brain science behind RSD (so you finally understand why this happens)
- How to identify your teen's *specific triggers and warning signs*
- The **STOP** method to interrupt spirals in the moment
- A full toolkit of **self-regulation skills** to teach your teen
- How to build an **Emotional Safety Plan** together
- Strategies for **long-term resilience** (not just crisis management)
- A 30-day implementation roadmap so you know exactly what to do

Plus 5 downloadable **templates** to track progress and stay consistent.

Ready to go deeper?

[JOIN THE TEEN EMOTIONAL REGULATION & RSD SYSTEM]