Divine Planning - Abundant Profits ACADEMY



with

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YOUR RSD DOES NOT GET CEO PRIVILEGES

Navigating Rejection as a Neurodivergent Entrepreneur ♡



WHAT DOES RSD ACTUALLY MEAN?

stands for **Rejection Sensitive Dysphoria.** It is a term used to describe an intensely painful emotional response to real or perceived rejection, criticism, disapproval, disappointment or failure. It is commonly discussed in relation to ADHD, autism and neurodivergence, although RSD itself is not a standalone clinical diagnosis.

It's not simply 'not liking criticism'. It can feel like criticism, rejection or even the possibility that you've upset someone lands with an intensity that is completely disproportionate to the event itself. You might logically know, "this is probably nothing," while another part of your brain is screaming, "I HAVE DONE SOMETHING WRONG."

WHAT CAN TRIGGER RSD IN BUSINESS?

These are just examples — your triggers might be different, and that's valid. RSD can be activated by real rejection, perceived rejection or even just ambiguity.

SOCIAL MEDIA & VISIBILITY

- ☐ Someone unfollows you. *What did I do?*
- ☐ Someone who always liked your content suddenly stops engaging. *They must be avoiding me.*
- ☐ A random stranger leaves a critical comment. *Oh great, now I'm taking life advice from Chad in his basement.* 😅
- ☐ Your post gets much less engagement. *Everyone is bored of me.*
- ☐ Someone misunderstands something you've written. *I've explained myself terribly.*
- ☐ Someone publicly disagrees with you. *They're against me.*
- ☐ You notice someone has removed you as a follower. *Why don't they like me anymore?*

CLIENTS & CUSTOMERS

- ☐ A client finishes working with you and you never hear from them again. *Were they unhappy?*
- ☐ A client who used to engage suddenly goes quiet. *I've done something wrong.*
- ☐ A client doesn't reply to your message. *They must be angry.*
- ☐ Someone asks for a refund. *I've failed them.*
- ☐ A client gives constructive feedback. *I'm terrible at what I do.*
- ☐ A client doesn't renew. *They didn't get value.*
- ☐ A client chooses another coach/provider. *They must think the other person is better.*
- ☐ Someone cancels an appointment. *Do they not want to work with me?*

SALES & LAUNCHES

- ☐ Someone says no to your offer. *They don't believe I'm worth it.*
- ☐ Someone tells you it's too expensive. *I'm charging too much.*
- ☐ A prospect ghosts you. *I said something wrong.*
- ☐ Nobody buys on the first day of a launch. *This is going to flop.*
- ☐ Your launch performs below expectations. *Everyone has watched me fail.*
- ☐ Someone buys from somebody else. *They're better than me.*
- ☐ You get an unsubscribe after a sales email. *I'm annoying people.*

COMMUNICATION

- ☐ Someone replies with "Okay." *They're annoyed.*
- ☐ Someone reads your message and doesn't respond. *I've upset them.*
- ☐ Someone takes longer than usual to reply. *They're avoiding me.*
- ☐ Their tone seems different. *Something is wrong.*
- ☐ You don't get invited to something. *They don't want me there.*
- ☐ A short reply, no emoji or no enthusiasm. *Are they mad at me?*
- ☐ You don't hear back after you've put yourself out there. Cue the 14-part Netflix documentary *about why they hate me.*

OTHER COMMON TRIGGERS

- ☐ Not being chosen.
- ☐ Being compared to others.
- ☐ Seeing someone else's success.
- ☐ Feeling excluded.
- ☐ Not knowing where you stand.
- ☐ Changes in someone's behaviour.
- ☐ Perceiving a lack of enthusiasm.
- ☐ A quiet period in your business.
- ☐ Making a mistake.
- ☐ Feeling like you've let someone down.
- ☐ Being ignored.
- ☐ Not receiving the reassurance you need.
- ☐ Any hint that someone is disappointed in you.

Even small things can feel huge. ♡

RSD DOESN'T ALWAYS LOOK LIKE HURT.

Sometimes it looks like:

Anger. Defensiveness. Irritation. Shutting down. Over-explaining. People-pleasing. Wanting to prove yourself. Wanting to fight back. Deciding someone is "against you." Because underneath all of these responses can be the same nervous-system experience:

"I am being rejected. I need to protect myself."

RSD TRANSLATOR

What happened?	Someone disagreed with my post.
What my activated brain heard:	They're against me.
What I feel:	Angry / hurt / defensive / exposed.
What I want to do:	Fight, explain, delete, block, withdraw or prove myself.

AND SOMETIMES THERE ISN'T EVEN AN ACTUAL REJECTION.

There is simply ambiguity — and your brain fills in the missing information with rejection. A delayed reply, a change in behaviour or a neutral comment can still send your nervous system into overdrive.

It's not overreacting. It's your nervous system trying to keep you safe. ♡

DO I RECOGNISE MYSELF HERE?

The situations that tend to trigger that "I've done something wrong" feeling in me are:

1. _____
2. _____
3. _____
4. _____

When something gets under my skin, how long do I tend to carry it?

_____

What happens inside my head afterwards?

_____

What do I feel compelled to DO?

_____

THE PAIN IS REAL. THE STORY ISN'T AUTOMATICALLY TRUE.

RSD can make an event feel enormous because your brain isn't just processing what happened — it may start creating meaning about your worth, competence, whether people like you and what this means for your future.

You don't need to stop feeling deeply.
You just don't need to let the feeling run the business.

Remember: FEELING IT DEEPLY DOESN'T MEAN YOU HAVE TO ACT FROM IT.

A strong emotional response doesn't mean you're imagining the pain.
But feeling rejected and knowing what that rejection means are not the same thing.

Your RSD does not get CEO privileges. ♡

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WHEN YOUR RSD GETS ACTIVATED

Your Personal Trigger Map



You can't navigate what you haven't learned to recognise.

RSD doesn't necessarily arrive announcing itself as RSD. Sometimes it arrives as anger. Sometimes anxiety. Sometimes shame. Sometimes you're suddenly checking whether someone has unfollowed you for the seventeenth time while insisting you're absolutely fine.

Learning your personal RSD pattern means recognising what tends to activate you, what happens inside you, the story your brain starts telling, and what you feel compelled to do next. The goal isn't to judge your reaction. We're learning the terrain so you don't accidentally let an activated nervous system navigate the business.

The RSD Activation Path

TRIGGER — Something happens → **BODY** — You feel it → **THOUGHT** — Your mind reacts → **STORY** — Meaning is added → **URGE** — You feel compelled → **ACTION** — You do something

The earlier you recognise where you are on the map, the easier it becomes to choose what happens next. ♡

MY RSD TRIGGER TERRITORY

Tick the situations that tend to activate your RSD. Add your own, and note your biggest trigger in each area.

SOCIAL MEDIA & VISIBILITY

- ☐ Someone unfollows you
- ☐ A critical comment (even from a random Chad)
- ☐ Less engagement than usual
- ☐ Someone misunderstands your post
- ☐ Public disagreement
- ☐ Being ignored/left out
- ☐ Someone who always liked your content goes quiet

My visibility trigger: _____

CLIENTS & CUSTOMERS

- ☐ A client goes quiet
- ☐ They stop engaging with your content
- ☐ Constructive feedback
- ☐ Refund requests
- ☐ Someone doesn't renew
- ☐ A client chooses another coach/provider
- ☐ A change in their behaviour

My client trigger: _____

SALES & BUSINESS

- ☐ Someone says no
- ☐ Being ghosted
- ☐ Told it's too expensive
- ☐ A quiet launch
- ☐ Lower sales than expected
- ☐ Unsubscribes after selling
- ☐ Seeing someone else succeed where you're struggling

My sales trigger: _____

RELATIONSHIPS & COMMUNICATION

- ☐ Delayed replies
- ☐ Short replies (e.g. "Okay")
- ☐ Changes in tone
- ☐ Not being invited
- ☐ Someone seeming distant
- ☐ Conflict or disagreement
- ☐ Not knowing where I stand

My communication trigger: _____

COMPARISON & BELONGING

- ☐ Someone choosing somebody else
- ☐ Seeing a competitor succeed
- ☐ Feeling left out
- ☐ Not being included
- ☐ Seeing other people's numbers
- ☐ Feeling replaced
- ☐ Feeling like the outsider

My belonging trigger: _____

FOLLOW THE CLUES

How does my RSD tell me it's here? Tick what you notice.

IN MY BODY

- ☐ Tight chest
- ☐ Sick stomach
- ☐ Racing heart
- ☐ Hot/flushed
- ☐ Shaky
- ☐ Heavy/drop feeling
- ☐ Restless/agitated
- ☐ Shut down/frozen
- ☐ Other: _____

IN MY THOUGHTS

- ☐ What did I do wrong?
- ☐ They're angry with me.
- ☐ They don't like me.
- ☐ I've fucked this up.
- ☐ Everyone thinks this.
- ☐ They're against me.
- ☐ I'm not good enough.
- ☐ I need to fix this NOW.
- ☐ Other: _____

IN MY EMOTIONS

- ☐ Hurt
- ☐ Shame
- ☐ Anxiety
- ☐ Anger
- ☐ Embarrassment
- ☐ Panic
- ☐ Sadness
- ☐ Defensiveness
- ☐ Other: _____

IN MY BEHAVIOUR

- ☐ Check/recheck
- ☐ Over-explain
- ☐ Apologise
- ☐ Withdraw
- ☐ People-please
- ☐ Get defensive
- ☐ Fight back
- ☐ Delete things
- ☐ Obsess/replay
- ☐ Seek reassurance
- ☐ Want to quit
- ☐ Other: _____

MY EARLY WARNING SIGNS

I know I'm becoming activated when I notice myself...

1. _____
2. _____
3. _____

My biggest "OH FUCK, HERE WE GO" sign is: _____

RSD DETECTIVE TIP

Look for the pattern, not proof that you're "too sensitive."

We're not collecting evidence against ourselves. We're learning how our individual nervous system responds so we can recognise activation before it starts making decisions for us. ♡

TRACE ONE OF YOUR PATTERNS

Choose a recent example and map it out.

THE TRIGGER What happened?	BODY What I noticed	FIRST THOUGHT What popped up?	THE STORY What meaning was added?	URGE What I wanted to do?	ACTION What I actually did?	WHAT DO I NOTICE ABOUT MY PATTERN?

Remember:

ACTIVATION IS INFORMATION — NOT INSTRUCTION.

Your racing thoughts, hurt, anger or urge to fix everything are telling you that something has activated you. They are not automatically telling you what happened, what another person thinks, or what you should do next.

Learn the terrain before you choose the direction. ♡

EVENT ≠ IDENTITY

Separate What Happened From Who You Are



Just because you feel rejected, doesn't mean you are a rejection.

RSD can take an event, add a whole lot of meaning, and turn it into an identity. Your brain moves from "this happened" to "this means something about me", and suddenly you're questioning your worth, your ability and your future.

The Stories Light Tool helps you pause, question the story and come back to truth.

HOW RSD TURNS AN EVENT INTO AN IDENTITY

THE EVENT (What actually happened)	THE RSD STORY (Meaning added)	THE IDENTITY (How it can make you feel)
One person didn't buy.	Nobody wants what I offer.	I'm a failure.
Someone unfollowed me.	They hate me.	I'm unlikable.
A client gave feedback.	They're unhappy with me.	I'm not good enough.
A launch was quieter than expected.	Everyone has seen me fail.	I'm a fraud.
Someone disagreed with my post.	They're against me.	I'm stupid / wrong.
A client finished working with me and went quiet.	I must have done something wrong.	I'm not good enough.
A random comment criticised me.	Maybe they're right. Everyone thinks this.	I'm terrible at what I do.
Someone chose another coach.	They're better than me.	I'm replaceable.
Someone didn't reply.	They're angry with me.	I've messed it up.
An unsubscribe.	I'm annoying people.	I shouldn't be visible.

THE STORIES LIGHT TOOL

A simple but powerful way to question the story your brain is telling you.

When you notice a strong emotional reaction, pause and ask:

1 IS IT TRUE?

- Is this actually true, or is it just a thought?
- Do I have evidence, or am I assuming?
- What would someone else say about this?

2 IS IT REAL?

- Is this a current reality or a future fear?
- Am I reacting to what actually happened, or to a story in my head?
- Am I making this bigger than it is?

3 IS IT MINE?

- Is this really about me, or could it be about them, their circumstances or their stuff?
- Am I taking responsibility for something that isn't mine to hold?
- Whose energy, expectations or past experiences might I be carrying?

Not every thought is the truth.
Not every feeling is a fact.
And not every story is yours. ♡

WHAT ACTUALLY HAPPENED?

Write one sentence with only the facts. No story, no meaning, no assumptions.

Example:
"They haven't replied to my email."
(Not: "They're angry with me.")

WHAT STORY DID I ADD?

What meaning did I immediately decide this event has?

Example:
"They're ignoring me because I've done something wrong."

WHAT DOES THIS MEAN ABOUT ME?

How did this make me feel about myself?

Example:
"I'm unlikable. I've failed. I'm not good enough."

WHAT ELSE COULD THIS MEAN?

Let's find alternative possibilities. Not toxic positivity — just other real options.

1. _____
2. _____
3. _____
4. _____

WHAT DO I CHOOSE TO BELIEVE NOW?

What is a more supportive, balanced and honest perspective?

_____
_____
_____
_____

Remember:

A THOUGHT IS NOT A FACT. A FEELING IS NOT A TRUTH. A STORY IS NOT YOUR IDENTITY.
You can feel the feeling, question the story, and still choose a different perspective.
That's self-leadership.

You are so much more than a story. ♡

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THE RSD EMERGENCY PROTOCOL

What To Do When Your Nervous System Has Entered The Chat ♡

Activated you does not need to handle this right now.

The first goal isn't to solve the situation. The first goal is to stop an activated nervous system from making a permanent decision about a temporary feeling.



FIRST: RECOGNISE THE RSD EMERGENCY

Something happened. And suddenly you want to:

- ☐ Reply immediately
- ☐ Defend yourself
- ☐ Explain EVERYTHING
- ☐ Apologise when you're not even sure you've done anything wrong
- ☐ Delete the post
- ☐ Pull the offer
- ☐ Change your prices
- ☐ Refund everyone
- ☐ Block somebody
- ☐ Check their profile/activity
- ☐ Send screenshots to six people
- ☐ Quit your business and move to a cottage in the woods
- ☐ Write a 1,700-word message explaining your entire soul
- ☐ Other: _____

DO. NOT. PRESS. SEND.

Give yourself time. ♡

A strong emotional response is real, but it's not always the full story.
Pause. Regulate. Use your tools. Then decide.

THE RSD EMERGENCY PROTOCOL

A step-by-step guide to move from reaction to empowered response.

You can handle this. ♡

1 NAME IT

"My RSD has been activated."

Not:

- Everything is terrible.
- They hate me.
- I've fucked everything up.

Simply:
Something has activated me. ♡

2 PAUSE THE ACTION

- ☐ No sending.
- ☐ No deleting.
- ☐ No quitting.
- ☐ No cancelling.
- ☐ No changing your strategy.
- ☐ No huge explanatory voice note.

You are allowed to do absolutely nothing yet. ♡

3 REGULATE BEFORE YOU INVESTIGATE

What helps your nervous system come back down?

- ☐ Step away from your phone
- ☐ Walk/move
- ☐ Eat something
- ☐ Drink water
- ☐ Shower/bath
- ☐ Go outside
- ☐ Breathe
- ☐ Sleep on it
- ☐ Journal
- ☐ Talk to a trusted person
- ☐ Sensory regulation
- ☐ Other: _____

You don't have to think your way out of a nervous-system response. ♡

4 USE THE STORIES LightTool™

Ask yourself:

IS IT TRUE?
Is this actually true, or is it just a thought?

IS IT REAL?
Is this a current reality or a future fear?

IS IT MINE?
Is this really about me, or could it be about them, their circumstances or their stuff?

Not every thought belongs to you. ♡

5 LOOK FOR DATA

Now — and only now — ask:

- ☐ What actually happened?
- ☐ Is there something here that genuinely needs my attention?
- ☐ Is this one person's opinion or a repeated pattern?
- ☐ Do I need to respond at all?
- ☐ Would I make the same decision if I weren't activated?

Facts over fear. ♡

6 CHOOSE THE NEXT CLEAN ACTION

Maybe the answer is to:

- ☐ Respond
- ☐ Ask a question
- ☐ Clarify
- ☐ Apologise
- ☐ Set a boundary
- ☐ Make a business improvement
- ☐ Seek more information
- ☐ Let it go
- ☐ Do absolutely nothing (right now)

Doing nothing is also an action. ♡

CREATE YOUR RSD PAUSE RULE

When I'm highly activated, I agree not to make major business decisions for:

- ☐ 30 minutes
- ☐ 2 hours
- ☐ Until tomorrow
- ☐ 24 hours
- ☐ Other: _____

The decisions I absolutely **WILL NOT** make while activated are:

1. _____
2. _____
3. _____

No life-changing decisions while emotionally on fire. ♡

MY PERSONAL RSD FIRST-AID KIT

The person I can reality-check with: _____

The regulation tool that works fastest for me: _____

Something I need to remind myself: _____

My safest next action when I don't know what to do: _____

BEFORE YOU SEND THAT MESSAGE...

- ☐ Have I regulated?
- ☐ Have I slept?
- ☐ Have I eaten?
- ☐ Do I know what actually happened?
- ☐ Am I responding to facts or to the screenplay in my head?
- ☐ Does this genuinely require a response?

Still want to send the 1,700 words tomorrow? Fine. We can revisit it then. ♡

Remember:

YOU DO NOT HAVE TO SOLVE REJECTION WHILE YOU ARE FEELING REJECTED.
Pause. Regulate. Check the story. Look for data. Then decide.

Activated you gets compassion — not CEO privileges. ♡

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FACT, STORY OR DATA?

Not Every "No" Means Something Needs Fixing



When your RSD is activated, everything can feel equally significant. A critical comment can feel like market research. A refund can feel like proof you're not good enough. A quiet launch can have you questioning your entire business. But not everything means what it feels like it means. Let's learn to tell the difference between what actually happened, the story your brain created, and what (if any) useful data is available. ♡

REAL-LIFE EXAMPLES

THE EVENT (What actually happened?)	THE STORY (What my RSD makes it mean)	DATA (What can I actually learn?)
One person requested a refund.	My programme must be shit. Everyone is probably disappointed.	One refund doesn't establish a pattern. I'll record the reason and look at feedback across my clients.
Someone commented that they disagree with my post.	Chad is back, and apparently Chad represents the entire internet. 😂	One person disagrees with me. Different perspectives are normal.
My launch converted below target.	Everyone has witnessed my public humiliation. Time to enter witness protection.	Something didn't perform as expected. Let's examine traffic, messaging, conversions, audience response and actual numbers.
A client went quiet.	They're angry with me. I've done something wrong.	They may be busy, going through something personal, or no longer interested. I can follow up with a simple, neutral check-in.
Someone unfollowed me.	I'm unlikeable. Nobody wants me here.	People unfollow for many reasons. This doesn't reflect my overall impact or the value I provide.
Someone said my price is too high.	I need to lower my prices or nobody will buy.	This is one person's opinion. I'll look at overall sales data, conversion rates and my ideal client feedback.

ONE PERSON IS NOT A FOCUS GROUP

Let's put things in perspective.

One person doesn't like your price.	≠	Your price is wrong.
One person dislikes your content.	≠	Your messaging is wrong.
One person doesn't get results.	≠	Nobody gets results.
One person unsubscribes.	≠	Your audience is leaving.
One person doesn't buy.	≠	Nobody wants your offer.

One person's opinion is not the whole picture. ♡

AND WE DON'T USE RSD AS AN EXCUSE TO IGNORE DATA EITHER.

If ten clients independently mention the same problem... If conversion has consistently dropped... If the same confusion keeps appearing... If you're repeatedly receiving similar feedback...

That's information.

The Reality Upgrade isn't "everyone else is wrong." It's being regulated enough to determine what deserves your attention and what doesn't.

Discernment is a superpower. ♡

PUT IT THROUGH THE FILTER

Use a recent example and work through it.

WHAT HAPPENED? (FACTS ONLY)

WHAT STORY DID MY RSD CREATE?

WHAT ACTUAL DATA DO I HAVE?

IS THERE A PATTERN?
☐ Yes ☐ No ☐ I don't have enough information yet

DOES SOMETHING GENUINELY NEED CHANGING?
☐ Yes ☐ No ☐ Maybe — gather more data

MY CLEAN NEXT STEP

THE "DOES THIS ACTUALLY NEED FIXING?" CHECK

Before changing anything, ask:

- ☐ Is this one person's response or a repeated pattern?
- ☐ Do I have actual evidence, or am I filling in the blanks?
- ☐ Have multiple people independently given similar feedback?
- ☐ Is this person actually part of my intended audience?
- ☐ Is their opinion relevant to the decision I'm making?
- ☐ Are they giving feedback — or simply expressing a preference?
- ☐ Is em t measurable business data supporting this?
- ☐ Am I looking for information or desperately trying to make the uncomfortable feeling go away?

Would I make this change if I weren't feeling rejected right now? ♡

FEEDBACK OR PERSONAL PREFERENCE?

Not everything someone thinks requires a business meeting.

EXAMPLE	WHAT IT IS
"I don't like long emails."	Preference
"The checkout link doesn't work."	Useful data
"I would never pay that."	Preference
"Four customers couldn't find the payment button."	Useful data
"You should make your programme cheaper."	Opinion
"70% of people are abandoning checkout at this step."	Business data

Not everything someone thinks requires a business meeting. ♡

NEW PERSPECTIVE

What's a more balanced, supportive way to look at this?

What would I say to a friend in this situation? ♡

Remember:

FEEDBACK IS INFORMATION — NOT IDENTITY.

You can discover that something in your business needs changing without turning that information into evidence that something is wrong with YOU.

Keep the data. Question the drama. ♡

REGULATE FIRST. RESPOND SECOND.

You Don't Have to Think Your Way Out of Everything.



Sometimes your brain already knows you're overreacting. Your nervous system just hasn't got the memo yet.

You can know they're probably just busy and still feel sick because they haven't replied. You can know one refund doesn't mean your programme is terrible and still want to crawl into a hole. You can know not everyone has to agree with you and still be mentally arguing with Chad while you're trying to fall asleep. RSD is a deeply embodied experience, so before demanding that your brain "be rational", sometimes the most useful thing you can do is help yourself come out of that activated state. ♡

REGULATION ISN'T GASLIGHTING YOURSELF

Regulation does NOT mean:

- ☐ Convincing yourself everyone loves you
- ☐ Pretending something didn't hurt
- ☐ Making excuses for poor behaviour
- ☐ Telling yourself you're being ridiculous
- ☐ Suppressing anger
- ☐ Forcing yourself to "think positive"
- ☐ Deciding every criticism is just somebody else's problem

Regulation DOES mean:

- ☐ Honouring what you feel
- ☐ Calming your nervous system
- ☐ Creating space between feeling and decision
- ☐ Getting to a place where you can think clearly again
- ☐ Responding from choice, not reactivity
- ☐ Having compassion for yourself while you process

Regulation means getting yourself to a place where you can decide what you actually think. ♡

AND I AM STILL SAFE ENOUGH TO CONTINUE.

Someone might dislike my work.
Someone might say no.
Someone might misunderstand me.
Someone might unsubscribe.
I might receive criticism.
Something I create might not work.

AND I AM STILL SAFE ENOUGH TO CONTINUE. ♡

Discomfort is part of the process — not a stop sign. ♡

WHAT DOES MY NERVOUS SYSTEM NEED?

Not every regulation tool works for every neurodivergent nervous system. Experiment. Notice. Build YOUR toolkit.

REDUCE THE INPUT

- ☐ Put the phone down
- ☐ Stop rereading the comment
- ☐ Close your inbox
- ☐ Mute notifications
- ☐ Step away from social media
- ☐ Turn off unread counts
- ☐ Give yourself a digital break
- ☐ Other: _____

MOVE THE ENERGY

- ☐ Walk
- ☐ Shake/stretch
- ☐ Dance
- ☐ Exercise
- ☐ Go outside
- ☐ Do something physical
- ☐ Release tension (e.g. shake, tap, gentle movement)
- ☐ Other: _____

CREATE SAFETY

- ☐ Get warm/cozy
- ☐ Eat something
- ☐ Drink water
- ☐ Shower/bath
- ☐ Rest or nap
- ☐ Use sensory supports (weighted blanket, headphones etc.)
- ☐ Spend time somewhere familiar
- ☐ Other: _____

GET PERSPECTIVE

- ☐ Journal
- ☐ Use the Stories LightTool™
- ☐ Talk to someone I trust
- ☐ Voice-note it without sending it
- ☐ Sleep on it
- ☐ Come back when I'm calmer
- ☐ Ask: Will this matter in 6 months?
- ☐ Other: _____

A regulated nervous system makes better decisions, creates brighter ideas, attracts better opportunities and helps you stay in the game. ♡

MY RSD REGULATION MENU

Fill in what works for you.

WHEN I'M MILDLY ACTIVATED, I CAN:

_____
_____

WHEN I'M REALLY ACTIVATED, I NEED:

_____
_____

WHEN I'M COMPLETELY OVERWHELMED, THE SAFEST THING FOR ME IS:

_____
_____

THINGS THAT MAKE MY RSD WORSE (SO I CAN AVOID THEM):

_____
_____

AM I REGULATING OR RUMINATING?

Both can feel similar. Here's the difference.

REGULATING Helps my nervous system settle.	RUMINATING Keeps me inside the story.
Talking to a trusted friend once for perspective.	Calling six people until someone agrees with me.
Reading the message once for facts.	Reading it for the 47th time looking for hidden meaning.
Taking a walk.	Pacing the house while replaying it on a loop.
Journaling what I feel.	Writing a 2,000-word message I don't send.
Checking if someone unfollowed you once.	Checking their Instagram activity like you've joined the FBI.
Going to bed.	Staying up all night analysing what it all means.

Same feeling. Very different outcomes. ♡

QUICK SELF-CHECK

What do I need right now?

- ☐ A break from my phone
- ☐ A movement break
- ☐ Food or water
- ☐ Rest or sleep
- ☐ To feel my feelings
- ☐ To talk to someone
- ☐ To use the Stories LightTool™
- ☐ To come back to this later
- ☐ Other: _____

I GIVE MYSELF PERMISSION TO PAUSE.

I don't have to respond immediately. I can take the time I need to regulate before I decide what to do next. ♡

Remember: REGULATION DOESN'T MEAN NOTHING HAPPENED.

It means you are creating enough space between what happened and what you do next to choose your response rather than being driven by your reaction.

Feel it. Regulate it. Then lead. ♡

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RSD IS NOT ME

When Your Brain Feels Hijacked, Put YOU Back in the CEO Chair. ♡



One of the hardest things about RSD is that when you're inside it, it doesn't feel like RSD. It feels like truth.

Your brain isn't saying, "Hello, just letting you know I'm currently experiencing some rejection sensitivity." It's saying:

"They're angry with me."	"I need to fix this."
"I've done something wrong."	"I need to do something NOW."
"They don't like me."	"Everyone is disappointed."

It can feel as though your brain has been temporarily hijacked.

RSD IS SOMETHING I AM EXPERIENCING. RSD IS NOT ME.

1 ALL ENERGY WANTS TO BE ACKNOWLEDGED

You don't have to fight your RSD.
You don't have to convince it that it's wrong.
You don't have to shame yourself for having the reaction.
Acknowledge it.

"Thank you for your opinion."

And then:

"Here's what I'm going to choose."

That is the moment CEO You comes back into the room. ♡
It's not about silencing RSD. It's about leading it.

2 THE HIJACK CHECK ⚠

RSD might have grabbed the controls if...

- ☐ Everything suddenly feels urgent
- ☐ I'm convinced I know what they're thinking
- ☐ I'm thinking in everyone/nobody/always/never
- ☐ I desperately need to fix something
- ☐ I need reassurance that I'm liked
- ☐ I want to prove, please, punish, hide or flee
- ☐ I can't let the situation go
- ☐ I'm about to make a big decision from one interaction
- ☐ My reaction feels much bigger than the event
- ☐ I don't quite feel like my usual self

Notice who's talking before you decide who's choosing. ♡

3 RSD CAN HAVE A VOICE. CEO YOU GETS THE CHOICE.

RSD CAN SAY:	CEO ME CAN SAY:
◆ I'm scared.	◆ I hear you.
◆ I'm hurt.	◆ I understand why this feels scary.
◆ I feel rejected.	◆ You don't need to disappear.
◆ I want them to like me.	◆ I appreciate you trying to protect me.
◆ I want to defend myself.	◆ And I'll decide what happens next.
◆ I want this feeling to stop.	
◆ I need certainty.	
◆ I don't feel safe.	

Both parts are welcome. Only one drives. ♡

4 THE "THANK YOU FOR YOUR OPINION" TOOL

Practice acknowledging RSD and choosing from your CEO.

RSD SAYS:	THANK YOU FOR YOUR OPINION.	CEO ME CHOOSES:
They don't like me.	Thank you for your opinion.	I'm going to continue showing up.
That launch didn't work. Everyone has seen me fail.	Thank you for your opinion.	I'll review what happened and decide what I want to improve.
They disagreed with me. They're against me.	Thank you for your opinion.	People are allowed to disagree. I don't need to resolve their opinion of me.
Send the 1,700-word message RIGHT NOW.	Thank you for your opinion.	We're going to bed. ♡
My RSD says: _____	Thank you for your opinion.	CEO me chooses: _____
My RSD says: _____ _____	Thank you for your opinion.	CEO me chooses: _____ _____

5 THE CEO RESET

Now you've acknowledged RSD, it's time to choose.

1. What is my RSD urging me to do? (What is it trying to make stop?) _____
2. If I didn't need their approval, what options open up? _____
3. What does my business actually need from me right now? _____
4. What would the version of me I'm becoming choose? _____
5. What am I willing to let remain uncomfortable while I continue? _____

6 WHAT'S IN MY CONTROL?

NOT MINE TO CONTROL	MINE TO LEAD
Someone liking me	How I communicate
Someone agreeing with me	The boundaries I hold
Someone buying	The quality of my work
Someone unsubscribing	Whether I listen to useful feedback
Someone's interpretation of me	How I treat people
Someone choosing someone else	Whether I keep showing up
Someone's opinion	What I do next

Stop trying to CEO other people's side of the street. ♡

7 MY NEXT CLEAN ACTION

- ☐ No — continue as planned
- ☐ Respond
- ☐ Clarify
- ☐ Apologise
- ☐ Set a boundary
- ☐ Ask for more information
- ☐ Gather more data
- ☐ Make an improvement
- ☐ Have a conversation
- ☐ Let it go
- ☐ Other: _____

The action I'm choosing is: _____ _____ _____

I'm choosing it because: _____ _____ _____

When will I do it? _____ _____

8 CEO PERMISSION SLIP

I am allowed to...

- ☐ Be misunderstood
- ☐ Have someone dislike me
- ☐ Receive a no
- ☐ Disappoint someone
- ☐ Make mistakes
- ☐ Correct mistakes
- ☐ Hold a boundary
- ☐ Have an offer flop
- ☐ Try again
- ☐ Keep being visible
- ☐ Succeed without everybody approving of how I do it ♡

Remember:

YOU DON'T HAVE TO SILENCE RSD TO LEAD YOURSELF.

RSD is an experience you're having, not who you are. Acknowledge the energy. Hear what it has to say. Then remember who gets to choose.

RSD gets a voice. CEO You makes the decision. ♡

DON'T ABANDON *Yourself* ♡

Someone Else's Disapproval Is Not an Invitation to Reject Yourself Too.

"I know RSD. I know the moment where one tiny thing happens and suddenly my brain has constructed a 14-part Netflix documentary about why everybody hates me. 😭

What I have had to learn as an entrepreneur is that I cannot give the activated version of me CEO privileges."

— Joanna x



WHEN THEY REJECT YOU, DON'T JOIN THEM.

Someone disagrees with you. Someone is unhappy with you.
Someone criticises your work. Someone misunderstands you.
Someone doesn't choose you. Someone decides you're not for them.

And then you join them.

You silence yourself. You change your opinion. You break your own boundary. You over-apologise. You make yourself smaller. You question whether you're actually any good at what you do. You decide your business is clearly a pipe dream. You tell yourself you were stupid for thinking you could do this in the first place.

You threaten yourself with getting a J-O-B.

Because obviously one person being unhappy with you is conclusive evidence that you are NOT CUT OUT FOR ENTREPRENEURSHIP and should immediately update your CV.

Bullshit.

One rejection is not a career assessment.
One unhappy client does not determine your capability.
One failed launch does not determine your future.
One critical comment does not get to decide whether you belong here.
And somebody else's opinion of you certainly doesn't get to become your opinion of yourself.

THEIR REJECTION DOES NOT REQUIRE YOUR SELF-REJECTION.

1 WHERE DO I ABANDON MYSELF?

When I feel rejected, I tend to...

- ☐ People-please
- ☐ Over-apologise
- ☐ Over-explain
- ☐ Break my own boundaries
- ☐ Silence myself
- ☐ Make myself smaller
- ☐ Change what I really think
- ☐ Threaten myself with getting a J-O-B
- ☐ Seek reassurance
- ☐ Stop showing up
- ☐ Try to win them back
- ☐ Question my worth
- ☐ Decide my business is a pipe dream
- ☐ Other: _____

The way I most often abandon myself is:

_____

What staying with myself could look like instead:

_____

2 SELF-LOVE IS THE WAY FORWARD

When your nervous system is activated, you don't always need another analysis. Sometimes you just need to come back to YOU.

THE SELF-LOVE PRACTICE

- ♡ Put your hands on your heart.
- Take a deep breath.
- Come back into your body.

And ask yourself:

"What is the most loving thing I can do for myself right now?" ♡

The most loving thing I can do for myself right now is...

_____

The loving choice isn't always the easiest choice.
It might be resting. It might be stepping away. It might be holding your boundary. It might be apologising. It might be having the difficult conversation. It might be letting somebody be disappointed. It might simply be continuing.

Sometimes self-love says,
"I've got you. We're doing the brave thing anyway."

3 YOUR REALITY UPGRADE

OLD PATTERN (SELF-ABANDONMENT)	NEW PATTERN (SELF-LOVE)
Rejection	Rejection
↓	↓
RSD	Acknowledge
↓	↓
Activation	Regulate
↓	↓
Self-abandonment	Self-love
	↓
	Choose
I make it mean something about me. I shrink, hide or give up.	I stay with myself, and keep going anyway.

4 MY STAY-WITH-MYSELF PROMISE

When rejection activates me, I promise I will not immediately:

_____

I will give myself: _____

_____

I will remind myself: _____

_____

I will remain loyal to: _____

_____

If I need to change, apologise, repair or learn, I will do it from:

_____

THE PERSON I REFUSE TO ABANDON IN ORDER TO BE ACCEPTED IS: *ME.* ♡

5 REMEMBER ♡

- ♥ Someone can reject you without you rejecting yourself.
- ♥ Someone can disagree with you without you silencing yourself.
- ♥ Someone can be disappointed in you without you abandoning yourself.
- ♥ You don't need everybody to approve of you to be safe.
- ♥ You don't need everybody to understand you to keep using your voice.
- ♥ You don't need everybody to choose you for you to continue choosing yourself.

Stay with yourself. ♡

RSD gets an opinion.
CEO You gets the decision.

6 KEEP LEARNING WITH ME

Enjoyed this training?
Make sure you check out the rest of the trainings available inside the **Divine Planning, Abundant Profits Academy.**
Continue building a business rooted in self-leadership, strategy, profitability and the courage to do business your way.

EXPLORE THE ACADEMY →

MORE TEACHINGS. MORE TOOLS. A BIGGER YOU.

This isn't the end. It's just the next level. ♡

♡ A MORE EMPOWERED YOU BUILDS A MORE ABUNDANT WORLD ♡