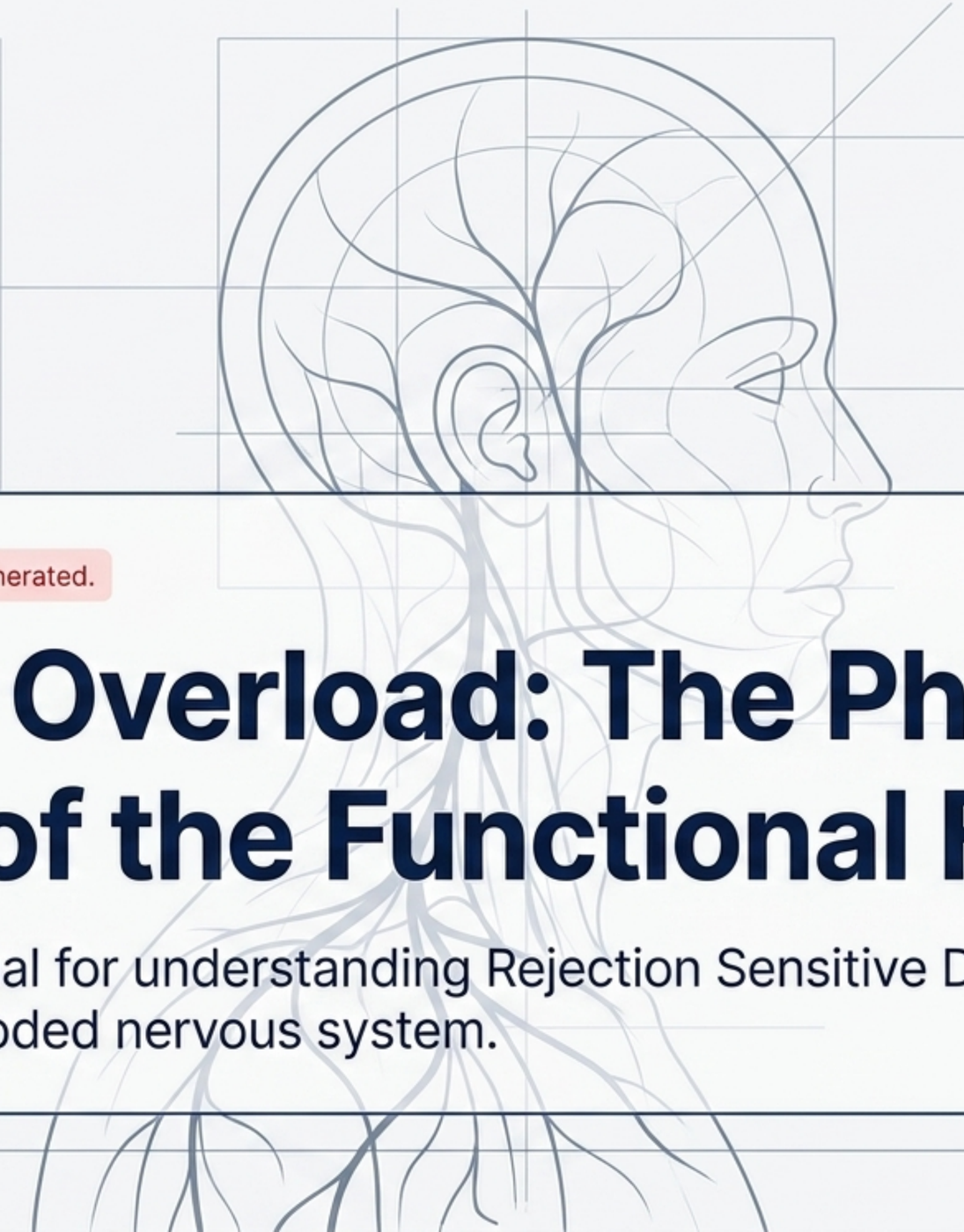
Serenipaws
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Status Tag: Available in Studio Tab
• Curated for your specific hooks.



System Alert: Tailored Report Generated.

System Overload: The Physical Reality of the Functional Freeze.

An operating manual for understanding Rejection Sensitive Dysphoria (RSD) and resetting a flooded nervous system.

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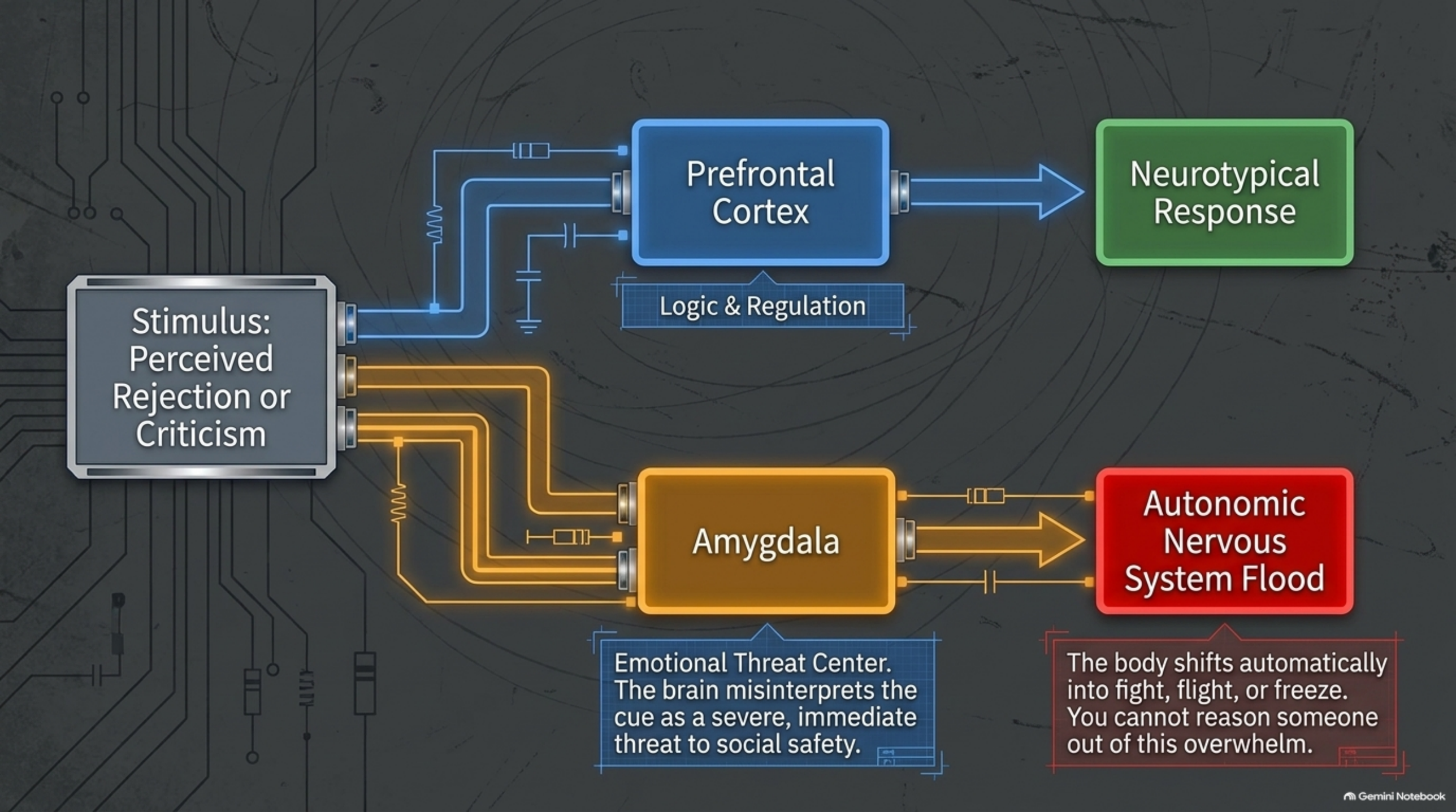
I am being rude, dramatic, or manipulative.

~~I am using my neurodivergence as an excuse.~~

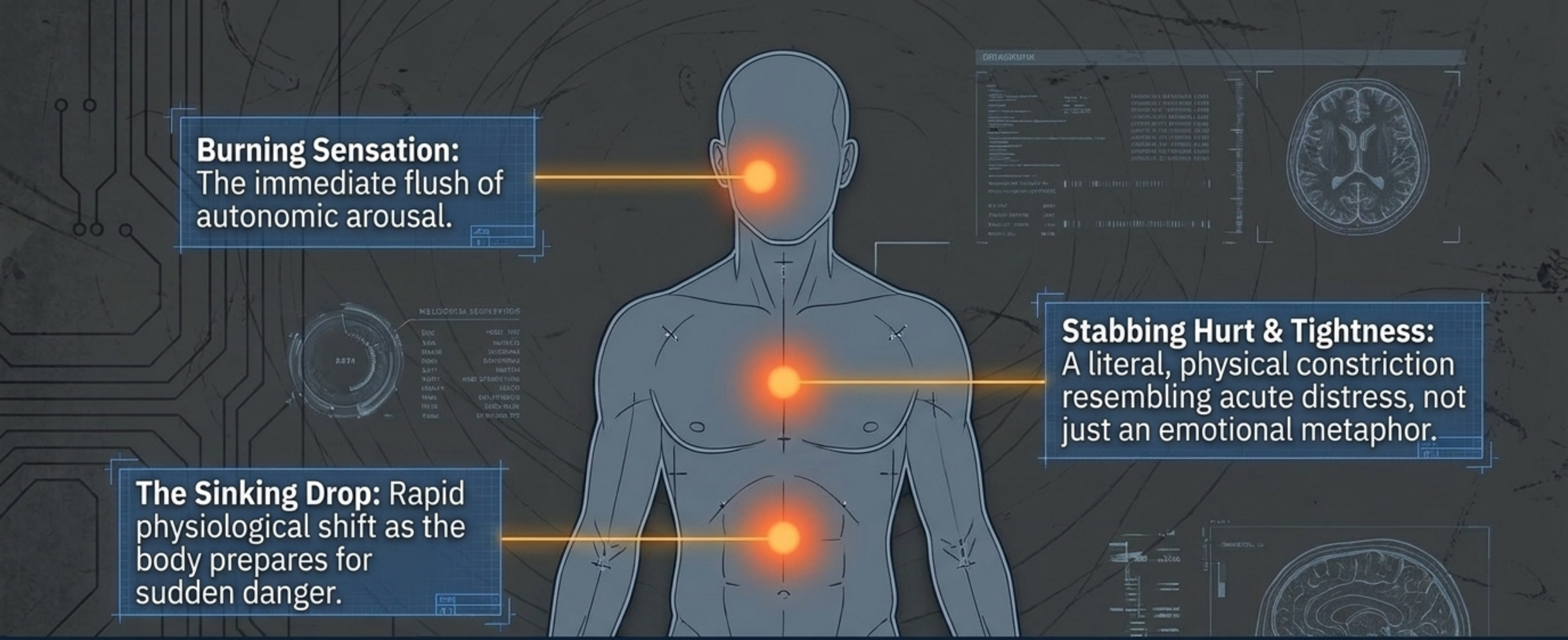
You are experiencing a survival-level neurological event. Your nervous system is overwhelmed, not your character.

Key Takeaway: RSD is a deep, automatic nervous system response that happens before logic can kick in.

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The Functional Freeze: This physical pain is real. When the threat feels enormous, the body paralyzes itself to survive. This is an automatic biological defense, not an overreaction.

Key Takeaway: RSD is a deep, automatic nervous system response that happens before logic can kick in.

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The Bucket Principle: Every stressor is a drop. When the nervous system's bucket is already full, one tiny drop of perceived rejection causes a catastrophic flood.

System Diagnostic (H.A.L.T.)

Check these baselines before judging your reaction:

- ☐ **Hungry?**
- ☐ **Angry?**
- ☐ **Lonely?**
- ☐ **Tired?**

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The Perception vs. The Biological Reality

What They See	What Is Happening
Snapping, sharp texts, or sudden anger.	**Fight Response.** A defensive reflex when the brain feels socially cornered.
Going totally quiet, withdrawing, or cancelling plans.	**The Functional Freeze.** Terrified of dysregulating, the system shuts down to protect itself from further pain.
Sudden tears over a small comment.	**System Purge.** The body is processing a physical stabbing hurt that lasts much longer than a typical reaction.

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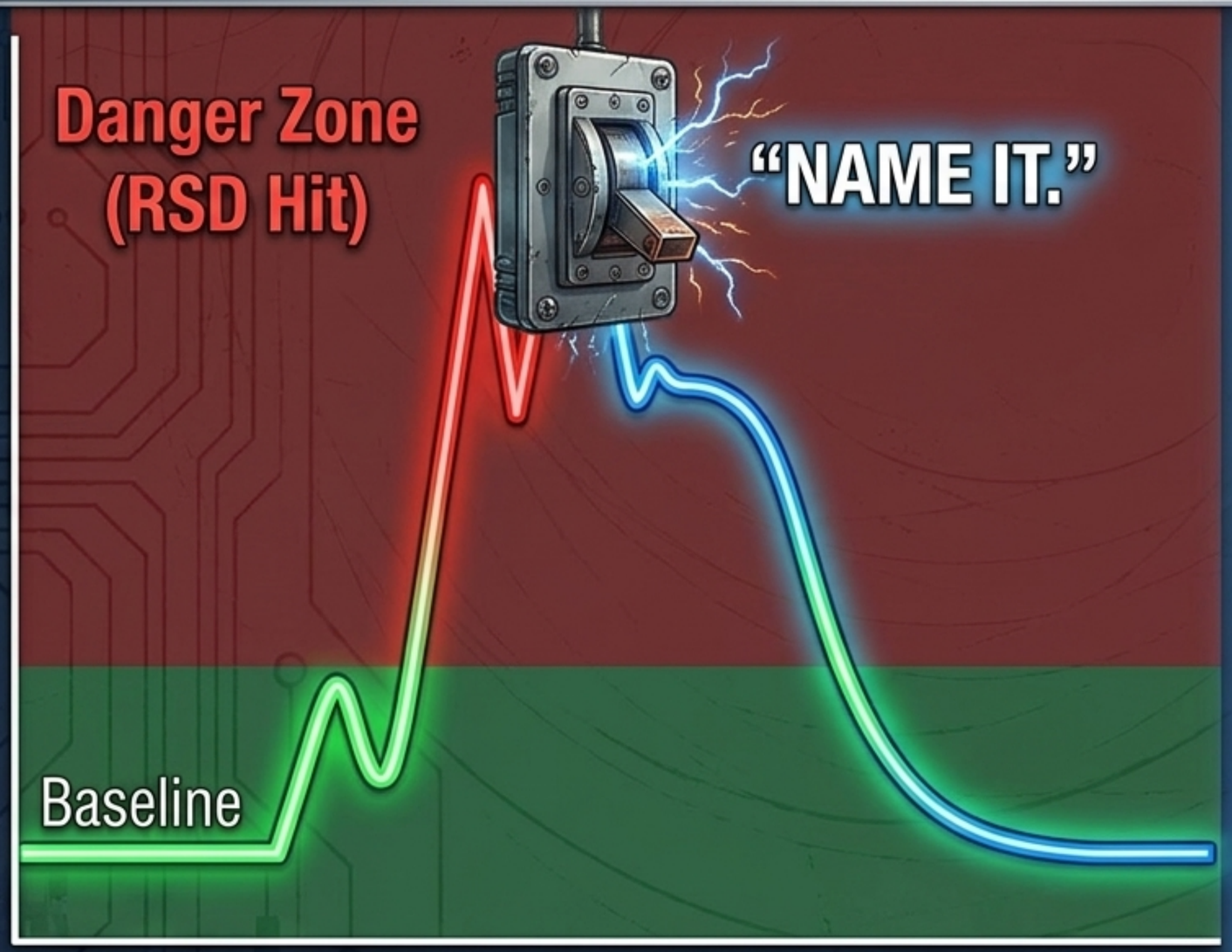


Permission to Reset.

When you go quiet, withdraw, or need space, you are not being difficult. You are resetting a flooded nervous system.

Avoidance and withdrawal are forms of self-protection from intense perceived danger. You are a person with a sensitive nervous system experiencing a biological event. You have permission to step away.

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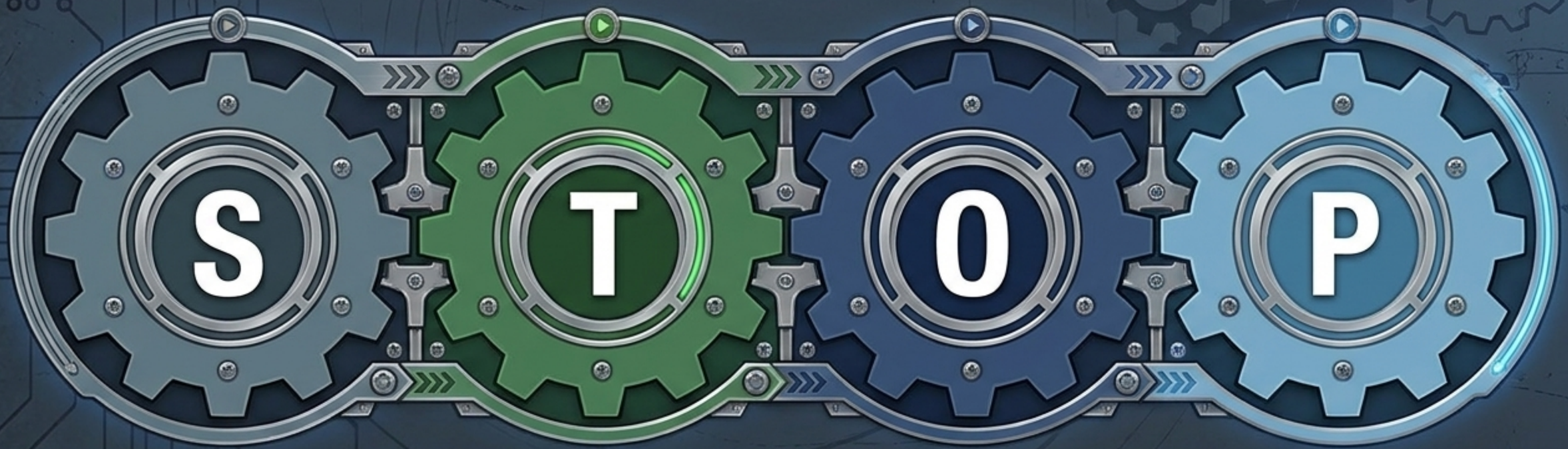


Manual Override 01: The Name It Circuit Breaker

- **The Action:** When the wave hits, state silently or aloud: “This is my RSD, not my reality.”
- **The Mechanics:** By naming the event, you force the prefrontal cortex back online. You are moving the internal experience from “I am bad” to “My nervous system is overwhelmed.”
- **Rule of Thumb:** You aren’t arguing with the feeling; you are identifying the hardware glitch.

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Manual Override 02: The S.T.O.P. Sequence.



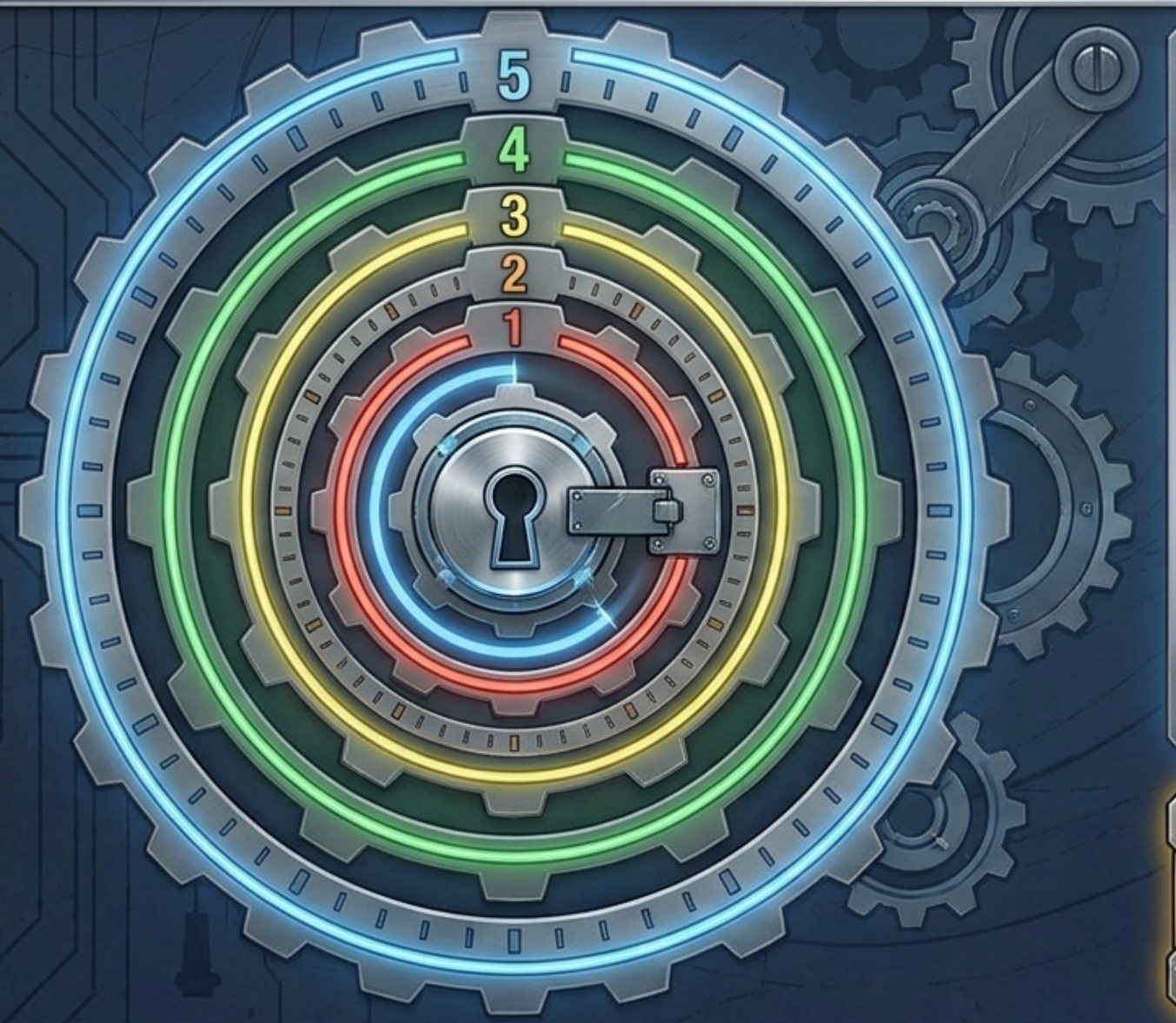
Stop
Don't speak, text, or run. Just freeze intentionally. Delay the reply.

Take a Breath
Execute a Double Inhale or a slow out-breath to signal safety to the autonomic system.

Observe
Scan the body. Where is the heat? Where is the tension (jaw, chest)?

Proceed
Only move forward when the internal heat begins to fade.

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Manual Override 03: 5-4-3-2-1 Grounding.

Pull your brain out of the shame spiral and back into the physical room.

- **5:** Things you can See.
- **4:** Things you can Feel.
- **3:** Things you can Hear.
- **2:** Things you can Smell.
- **1:** Thing you can Taste.

Note: Explanation works after regulation, not before. Regulate the body before trying to fix the social interaction.

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Alert Resolved



The Aftermath: Repair Without Shame.

Core Principle: Taking responsibility is necessary, but shame does not help regulation. Repair is growth, not manipulation.

Communication Template

That came out sharper than I meant. My brain sometimes reacts to small things as if they are major rejections. I was overwhelmed and my nervous system was flooded. I’m sorry.

For Loved Ones: The most helpful response is: I believe you. Let’s slow this down.

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The Success Log: Reclaiming Your Nervous System.

Every time you use the Name It strategy, you aren't just surviving an episode—**you are actively training your nervous system to feel safe again.**

Your feelings are deep because you care deeply. Support is not a sign of weakness; it is the foundation for healing.

End of Tailored Report. You are not alone.

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