THE FLOOD INTERRUPT

a first step for ADHD rejection sensitivity

A word lands wrong. A message goes unanswered too long. Your whole body floods before your mind even catches up. This is not a character flaw.

THIS IS FOR YOU IF

- A word or a silence can flood your whole body in seconds
- You replay it for hours after everyone else has moved on
- You want one move that works before the flood takes over

WHY THIS WORKS

Naming a feeling as a body event, not a fact, is a documented way to lower its intensity almost immediately. Locating it moves you from your thinking mind into your felt sense. The longer exhale is a direct signal to your nervous system that the danger has passed. None of this asks you to think your way out of the flood. Your body goes first.

THE INTERRUPT

1 Name it as a body event
20 seconds

"This is a flare, not the truth." Say it, even just in your head.

2 Find where it lives
30 seconds

Chest? Throat? Stomach? Put a hand there. You are not fixing it, just locating it.

3 Somatic anchor
60 seconds

Breathe in for 4. Breathe out for 6. Repeat until the hand on your body feels a little less tight.

Breath work not landing today? Skip the counting. Just let your exhale be a little longer than your inhale, at your own pace.

The flare is a body event. It is not the truth about you.

This is the first three steps of the full 8-page ADHD Rejection Sensitivity RSD Workbook. Two more steps and a Joy Anchor are waiting in the complete tool, in the PazitivechangeLab Etsy shop.

FROZEN · **FLOODED** · SCATTERED · NUMB · READY

This is a self-regulation tool, not a substitute for professional mental-health care. If you are in crisis, please reach out to a professional or a crisis line.

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