

# Signs You're Suffering From Rejection Anxiety

- Avoidance of social situations or events where rejection may be a possibility
- Feeling constantly inferior to others - a shortage of equality interpersonally
- Difficulty making and maintaining close relationships
- Difficulty expressing one's thoughts, feelings, or needs to others
- Difficulty setting boundaries or asserting oneself
- Difficulty accepting compliments or positive feedback
- Constant worry about not being good enough and thus risking getting rejected
- Difficulty making decisions or taking risks
- Low self-esteem or feelings of inadequacy
- Difficulty trusting others or forming close attachments
- Difficulty being vulnerable or open with others
- Difficulty being genuine in social situations, a preference to imitate others over being authentic
- Difficulty forming or maintaining romantic relationships
- Difficulty speaking up or expressing opinions in group settings
- Difficulty initiating or maintaining professional or personal projects or goals
- Physical symptoms such as increased heart rate, sweating, or difficulty breathing in social situations
- Difficulty sleeping or experiencing nightmares related to rejection
- Difficulty focusing or concentrating due to worry about rejection
- Difficulty making new friends or initiating social interactions
- Difficulty feeling confident or self-assured in social situations
- Difficulty feeling comfortable or accepted in one's own skin or with one's own identity

- Difficulty expressing affection or vulnerability in relationships
- Difficulty being assertive or standing up for oneself
- Difficulty relaxing or feeling at ease in social situations
- Feelings of shame or self-blame when rejected
- Difficulty being open to new experiences or challenges due to fear of rejection
- Other symptoms you experience:

A large, empty rectangular box with a dashed border, intended for the user to write down other symptoms they experience.



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