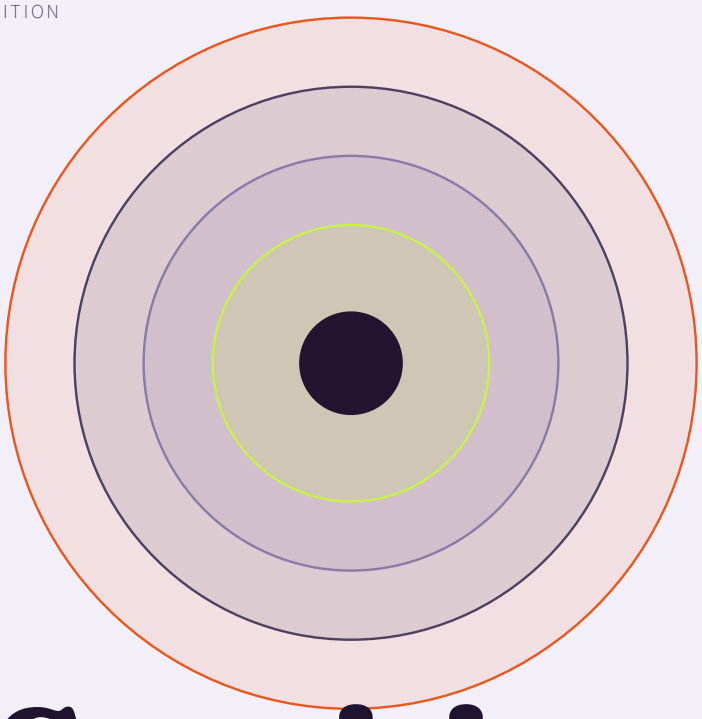


Too Sensitive: Rejection, Resilience, and the Science of Feeling Deeply

A reading of the book by Sasha Hamdani (2026)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Too Sensitive: Rejection, Resilience, and the Science of Feeling Deeply, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Sasha Hamdani is a board-certified psychiatrist who works with ADHD and has it herself. Too Sensitive is about rejection sensitive dysphoria (RSD): sudden, intense emotional pain at rejection or criticism, real or perceived, which is common with ADHD but not limited to it. Hamdani argues that feeling deeply reflects a highly responsive nervous system rather than fragility, and that the reaction can be understood and managed. The book includes a self-assessment for patterns of rejection sensitivity, explains the neuroscience behind the reaction, and offers practical tools and scripts for calming a surge and interrupting a spiral, drawing on psychiatry and her own experience. William Dodson, the psychiatrist long associated with the term RSD, writes the foreword.

Below are the 9 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

Feeling deeply is a kind of awareness, not proof that you are fragile.

This is the reframe the whole book rests on. The intensity is real, and it carries information about what matters to you. The aim is to steer it, not to feel less.

2 HOURLIFE TAKEAWAY

The sting can arrive before anything has actually gone wrong.

RSD, as Hamdani describes it, is set off by rejection or criticism you sense, not only by what happened. A short reply, a pause or a look can be enough. Knowing the trigger may be a reading of events gives you room to check it.

3 HOURLIFE TAKEAWAY

It often travels with ADHD, but you don't need ADHD to have it.

The book presents rejection sensitivity as common in ADHD, but not limited to it. It is written for anyone who has spent years being told they are too much.

4 HOURLIFE TAKEAWAY

Find out where you sit on the spectrum before you try to change anything.

Hamdani includes a self-assessment for patterns of rejection sensitivity. Sensitivity comes in degrees, and knowing your own degree makes the rest of the advice easier to fit.

5 HOURLIFE TAKEAWAY

A precise name for the feeling is the first handhold out of the blur.

Hurt, shame, anger and panic call for different responses, and a vague 'upset' gives you nothing to work with.

6 HOURLIFE TAKEAWAY

Learn your triggers so you can see them coming.

If you know an unanswered message or a curt email reliably sets you off, you can catch the reaction early and treat it as a pattern, not a verdict on you.

7 HOURLIFE TAKEAWAY

Calm the body first, then question the story.

The book treats the reaction as a surge in the nervous system as much as a thought, and offers ways to bring it down. A spiral is hard to reason with at full volume. A few minutes of settling makes the facts easier to see.

8 HOURLIFE TAKEAWAY

The same sting turns up at work, at home and with friends.

The book carries its tools into relationships, work and how you see yourself. Seeing one pattern across settings stops each one feeling like a new emergency.

9 HOURLIFE TAKEAWAY

Resilience means recovering faster, not never getting hurt.

In-the-moment tools stop a spiral. Hamdani is also clear that change takes time and steady practice, so the aim is a quicker way back, not a thicker skin.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Write your trigger list
- [ ] Build a feelings vocabulary
- [ ] Set a reply-delay rule
- [ ] Script one clean question
- [ ] Talk to a clinician if it is running your life

KEEP UP DAILY

- ◯ Label it before you act
- ◯ Find three other explanations
- ◯ Settle your body for two minutes

30 days · Nov 6 - Dec 5, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 6 - Dec 5, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

Write your trigger list

List five moments from the past month when a reply, a comment or a silence hit harder than it should have.

Next to each, note the setting: relationships, work, friends, family or self-worth.

MY VERSION

DONE ON

- [ ] SETUP 2

Build a feelings vocabulary

Write down fifteen precise emotion words beyond 'upset', such as dismissed, embarrassed, ashamed or lonely.

Keep the list in your phone's notes where you can reach it mid-sting.

MY VERSION

DONE ON

- [ ] SETUP 3

Set a reply-delay rule

Decide now how long you will wait before answering a message that stings, for example one hour or until the next morning.

Write the rule at the top of the same note.

MY VERSION

DONE ON

- [ ] SETUP 4

Script one clean question

Write a short, neutral question you can send when you're unsure where you stand, such as 'Are we still on for Saturday?' Having it ready stops you drafting a long defence.

MY VERSION

DONE ON

- [ ] SETUP 5

Talk to a clinician if it is running your life

If rejection sensitivity is costing you relationships, work or sleep, book an appointment with a doctor or therapist and bring your trigger list.

If you are in danger, call your local emergency number.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Label it before you act

When a sting hits, write the exact feeling in one or two words before you reply, post or decide anything.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Find three other explanations

Each time you read rejection into something, write three other reasons it might have happened.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
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2	3	4	5	6 ○	7 ○	8 ○
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Settle your body for two minutes

Before answering a hard message, take a few slow breaths with a longer out-breath, or walk for two minutes.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
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December 2026

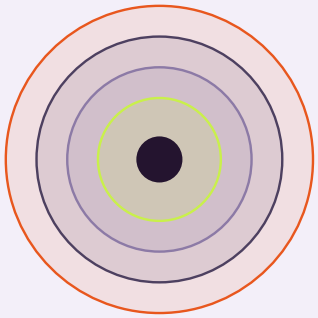
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



The sting is real. What it means is still up for review.

HOURLIFE NOTE AFTER SASHA HAMDANI