

RSD RECOGNITION OS

Sourced from *Survival Blueprint*, Ch. 1.2

RSD RECOGNITION · 10-SIGN SCREEN

Survival Blueprint Ch. 1.2

01 · DISPROPORTIONATE REACTIONS

Explosive responses to minor corrections or feedback.

0-to-10 spike on what registers as 2 or 3 for others.

02 · AVOIDANCE OF NEW THINGS

Won't try without near-guarantee of success.

"Selective motivation" — only excels where they already do.

03 · CATASTROPHIC SOCIAL READS

"Everyone hates me" after a single snub.

Neutral expressions read as disappointment or anger.

04 · QUILTS AFTER ONE COMMENT

Tears up project, drops team, leaves class.

After a single negative remark.

05 · OBSESSIVE REPLAY + AVOIDANCE

"Are they mad at me?" Avoids answering in class. Elaborate avoidance scripts.

Five or more of these = RSD is likely significant.

THE HUMAN FREQUENCY · FIND COMMON GROUND

PRINT INSTRUCTIONS

Fold this card in half along the horizontal center for a wallet-sized version, or print on cardstock and laminate for the fridge or office wall.

READ THE FULL PAGE

thehumanfrequency.net/human-os/rsd-recognition
For the mechanism, the protocol, and citations.