

PERSONALITY Disorders



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PERSONALITY DISORDERS

People with personality disorders have extreme and inflexible personality traits that are distressing to the person and/or cause problems in work, school, or social relationships. In addition, the person's patterns of thinking and behaviour significantly differ from the expectations of society and are so rigid that they interfere with the person's normal functioning. Each type of personality disorder has their own set of symptoms.

TYPES OF PERSONALITY DISORDER

Emotional & Impulsive

- Borderline Personality Disorder (BPD)
- Antisocial Personality Disorder (ASPD)
- Histrionic Personality Disorder
- Narcissistic Personality disorder (NPD)

Suspicious

- Schizoid Personality Disorder (SPD)
- Schizotypal Personality Disorder (STPD)
- Paranoid Personality Disorder (PPD)

Anxious

- Avoidant Personality Disorder
- Dependent Personality Disorder (DPD)
- Obsessive-Compulsive Personality Disorder (OCPD)

EMOTIONAL & IMPULSIVE

Borderline Personality Disorder (BPD)

Borderline Personality Disorder (BPD) is a condition characterised by difficulties regulating emotion.

- difficulties regulating emotion
- feel emotions intensely and for extended periods of time (few hours to a few days)
- Inappropriate, intense or uncontrollable anger—often followed by shame and guilt
- Frantic efforts to avoid real or imagined abandonment by friends and family.
- impulsivity, poor self-image, stormy relationships and intense emotional responses to stressors
- Splitting: Unstable personal relationships that alternate between idealisation (“I’m so in love!”) and devaluation (“I hate her”)
- Struggles with self-regulation, hard to return to stable baseline after emotionally triggering event
- Can lead to dangerous behaviors e.g self-harm, unsafe sex, reckless driving, misuse of substance
- Dissociative feelings—disconnecting from your thoughts or sense of identity or “out of body” type of feelings
- Commonly misdiagnosed with PTSD or depression

Antisocial Personality Disorder

Antisocial personality disorder is a mental health condition in which a person has a long-term pattern of manipulating, exploiting, or violating the rights of others. This behaviour is often criminal.

- Behave aggressively or ways that are unpleasant for others
- Behave dangerously or sometimes illegally
- Disregard the safety of self and others
- May have problems with substance abuse
- Lie, steal, and fight often
- Have problem with empathy - may not show guilt or remorse
- Often be angry or arrogant
- Have had a diagnosis of conduct disorder before age of 16

EMOTIONAL & IMPULSIVE

Histrionic Personality Disorder

A pattern of extreme emotionality and attention-seeking behaviour that begins by early adulthood and is obvious in different situations.

- Discomfort in situations in which you're not the centre of attention
- Interaction with others that's often characterised by inappropriate sexually seductive or provocative behaviour
- Rapidly shifting and shallow expression of emotion
- Consistently uses physical appearance to draw attention to self
- Style of speech that is excessively impressionistic and lacking in detail
- Shows self-dramatisation, theatricality, and exaggerated expression of emotion
- Is easily influenced by others or by circumstances
- Considers relationships to be more intimate than they actually are

Narcissistic Personality Disorder

A personality disorder characterised by an exaggerated sense of self-importance, a need for admiration, and a lack of empathy for other people.

- Grandiose sense of self-importance
- Lives in a fantasy world that supports their delusions
- Needs constant praise and admiration
- Sense of entitlement
- Exploits others without guilt or shame
- Frequently demeans, intimidates, bullies, or belittles others

SUSPICIOUS

Schizoid Personality Disorder (SPD)

Schizoid personality disorder (SPD) is a chronic and pervasive condition characterised by social isolation and feelings of indifference toward other people.

- distant, withdrawn, detached, and aloof
- Indifferent to criticism or praise
- Preoccupation with introspection and fantasy
- little or no desire to form close relationships with others
- tend to avoid social situations that involve interaction with others
- find it difficult to relate to others, usually emotionally cold
- lack the desire to form close personal relationships
- also at risk of experiencing depression

Schizotypal Personality Disorder (STPD)

Schizotypal personality disorder (STPD) is a mental health condition marked by a consistent pattern of intense discomfort with relationships and social interactions. People with STPD have unusual thoughts, speech and behaviours, which usually hinder their ability to form and maintain relationships.

- experience distorted thoughts or perceptions
- Unusual or eccentric thinking or behaviours
- find making close relationships extremely difficult and uncomfortable
- think and express yourself in ways that others find 'odd', using unusual words or phrases, making relating to others difficult
- believe that you can read minds or that you have special powers such as a 'sixth sense'
- feel anxious and tense with others who do not share these beliefs
- feel very anxious and paranoid in social situations, finding it hard to relate to others

Paranoid Personality Disorder (PPD)

Paranoid personality disorder (PPD) is a mental health condition marked by a pattern of distrust and suspicion of others without adequate reason to be suspicious. People with PPD are always on guard, believing that others are constantly trying to demean, harm or threaten them.

- find it hard to confide in people, even your friends and family
- find it very difficult to trust other people, believing they will use you or take advantage of you
- have difficulty relaxing
- read threats and danger (which others don't see) into everyday situations, innocent remarks or casual looks from others.

ANXIOUS

Avoidant Personality Disorder

People with avoidant personality disorder is characterised by chronic feelings of inadequacy, and highly sensitive to being negatively judged by others. Though they would like to interact with others, they tend to avoid social interaction due to the intense fear of being rejected by others.

- avoid work or social activities that mean you must be with others
- expect disapproval and criticism and be very sensitive to it
- worry constantly about being 'found out' and rejected
- worry about being ridiculed or shamed by others
- avoid relationships, friendships and intimacy because you fear rejection
- feel lonely and isolated, and inferior to others
- be reluctant to try new activities in case you embarrass yourself.

Dependent Personality Disorder (DPD)

Dependent personality disorder (DPD) is a type of anxious personality disorder. People with DPD often feel helpless, submissive or incapable of taking care of themselves. They may have trouble making simple decisions.

- feel needy, 'weak' and unable to make decisions or function day-to-day without help or support from others
- allow or require others to assume responsibility for many areas of your life
- agree to things you feel are wrong or you dislike to avoid being alone or losing someone's support
- be very afraid of being left to fend for yourself
- have low self-confidence
- see other people as being much more capable than you are.

Obsessive-Compulsive Personality Disorder (OCPD)

Obsessive compulsive personality disorder (OCPD) is a personality disorder marked by perfectionism and a need for control. It is separate from obsessive compulsive disorder (OCD), which describes a form of behaviour rather than a type of personality.

- need to keep everything in order and under control
- set unrealistically high standards for yourself and others
- think yours is the best way of doing things
- worry about you or others making mistakes
- feel very anxious if things aren't 'perfect'.