

# PERSONALITY DISORDERS

## WHAT IS PERSONALITY?

Your personality is your own **1)** \_\_\_\_\_ of thinking, feeling, behaving, and relating **2)** \_\_\_\_\_ others. Once you become **3)** \_\_\_\_\_ adult, your personality usually doesn't change **4)** \_\_\_\_\_.

## WHAT ARE PERSONALITY DISORDERS?

Personality disorders are a group **5)** \_\_\_\_\_ mental disorders. They involve long-term patterns of thoughts and behaviors that are different from **6)** \_\_\_\_\_ is **7)** \_\_\_\_\_ normal in your culture. **8)** \_\_\_\_\_ thoughts and behaviors are unhealthy and inflexible. They **9)** \_\_\_\_\_ serious problems **10)** \_\_\_\_\_ relationships, work, and social activities. They can make it hard to **11)** \_\_\_\_\_ with everyday stresses and problems.

## WHAT ARE THE TYPES OF PERSONALITY DISORDERS?

There are ten **12)** \_\_\_\_\_ of personality disorders, grouped **13)** \_\_\_\_\_ three different categories called clusters. The types in **14)** \_\_\_\_\_ cluster have some similar symptoms and characteristics. The clusters and types are:

### CLUSTER A

**15)** \_\_\_\_\_ (unusualness) and **16)** \_\_\_\_\_ (oddness) thoughts and behaviors:

DISORDER	CHARACTERISTICS
	a person has an extreme fear and distrust of others. They may think that someone is trying to harm them.
	a person prefers to be alone and is not interested in having relationships with others.
<b>SCHIZOTYPAL</b>	a person has unusual thoughts and ways of behaving and speaking. They are uncomfortable having close relationships with others.

### CLUSTER B

**17)** \_\_\_\_\_ (drama) and **18)** \_\_\_\_\_ (emotion) thoughts and behaviors that can keep changing:

DISORDER	CHARACTERISTICS
	a person has a long-term pattern of manipulating, exploiting, or violating the rights of others.
	a person has lots of trouble managing their emotions. This makes them impulsive and uncertain about how they see themselves.
	a person is dramatic, has strong emotions, and always wants attention from others.
	a person lacks empathy and wants to be admired by others. They think that they are better than others and that they deserve special treatment.

**ANTISOCIAL**

**DEPENDENT**

**OBSESSIVE-  
COMPULSIVE**

**BORDERLINE**

**PARANOID**

**NARCISSISTIC**

**AVOIDANT**

**HISTRIONIC**

**SCHIZOID**

### CLUSTER C

**19)** \_\_\_\_\_ (anxiety) and **20)** \_\_\_\_\_ (fear) thoughts and behaviors:

DISORDER	CHARACTERISTICS
	a person is very shy and feels that they are not as good as others. They often stay away from people because they fear rejection.
	a person depends too much on others and feels that they need to be taken care of. They may let others treat them badly because they are afraid of losing the relationship.
	a person needs control and order. They are perfectionists and can be inflexible.