

## Personality Disorders

A person with a personality disorder thinks, feels, behaves or relates to others very differently from the average person.

Personality disorder is a type of mental health problem where your attitudes, beliefs and behaviours cause you longstanding problems in your life. If you have this diagnosis it does not mean that you are fundamentally different from other people – but you may regularly experience difficulties with how you think about yourself and others, and find it very difficult to change these unwanted patterns.

There are several different categories and types of personality disorder, but most people who are diagnosed with a particular personality disorder do not fit any single category very clearly or consistently. In addition, the term 'personality disorder' can sound very judgemental. Because of this, it is a particularly controversial diagnosis. Some psychiatrists disagree with using it and many people who are given this label find it more helpful to explain their experiences in other ways.

Symptoms vary depending on the type of personality disorder. For example, a person with borderline personality disorder (one of the most common types) tends to have disturbed ways of thinking, impulsive behaviour and problems controlling their emotions. They may have intense but unstable relationships and worry about people abandoning them.

A person with antisocial personality disorder will typically get easily frustrated and have difficulty controlling their anger. They may blame other people for problems in their life, and be aggressive and violent, upsetting others with their behaviour.

Someone with a personality disorder may also have other mental health problems, such as depression and substance misuse.

### Resources:

*What is a personality disorder?*

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<https://www.nhs.uk/mental-health/conditions/personality-disorder/>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/personality-disorders/types-of-personality-disorder/>