

BORDERLINE PERSONALITY DISORDER

This is a mental health disorder that impacts the way an individual thinks and feels about themselves and other people, which ends up causing problems when it comes to everyday functionality. It encompasses self-image issues, difficulty managing emotions and behaviour, and a pattern of unstable relationships that are usually short-lived and toxic.

With BPD, one usually has an intense fear of abandonment or instability and may have difficulty tolerating being alone. They may also experience intense mood swings and feel uncertainty about how they see themselves. Their feelings for others can change quickly, and swing from extreme closeness to extreme dislike. Despite all this, an individual with BPD will still want to have loving and lasting relationships.

BORDERLINE PERSONALITY DISORDER

SYMPTOMS

These are some of the symptoms to look out for:

- Efforts to avoid real or perceived abandonment, such as plunging headfirst into relationships, or ending them just as quickly
- A pattern of intense and unstable relationships involving family, friends, and loved ones.
- A distorted and unstable self-image or sense of self
- Impulsive and often dangerous behaviours, such as spending sprees, unsafe sex, substance abuse, reckless driving, and binge eating. It is worth noting that if these behaviours happen mostly during times of elevated mood or energy, they may be symptoms of a mood disorder and not BPD.
- Recurring thoughts of suicidal behaviours or threats.
- Intense and highly variable moods, with episodes lasting from a few hours to a few days.
- Chronic feelings of emptiness.
- Inappropriate, intense anger or problems controlling anger
- Feelings of dissociation, such as feeling cut off from oneself, observing oneself from outside one's body, or feelings of unreality
- Not everyone with BPD may experience all of these symptoms. The severity, frequency, and duration of symptoms depend on the person and their illness

NARCISSISTIC PERSONALITY DISORDER

The mental condition involves a pattern of self-centred, arrogant thinking and behaviour, a lack of empathy and consideration for other people, and an excessive need for admiration. People with NPD are usually referred to as narcissists. Others often describe people with NPD as cocky, manipulative, selfish, patronizing, and demanding. This way of thinking and behaving surfaces in every area of the narcissist's life: From work and friendships -- to family and love relationships.

Narcissists are extremely resistant to changing their behaviour, even when it is evident that it is causing them and those around them problems. Their tendency is to turn the blame on to others whenever there is a problem. They are extremely sensitive and react badly to even the slightest criticisms, disagreements, or perceived insults, which they view as personal attacks.

For the people in the narcissist's life, it is often easier to just go along with their demands to avoid the coldness and rages that usually follows disagreements. However, by understanding more about NPD, one can spot the narcissists in their life, protect themselves from the narcissist's power plays, and establish healthier boundaries.



NARCISSISTIC PERSONALITY DISORDER

SYMPTOMS

These are some of the common symptoms to look out for:

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

If you have an NPD diagnosis, others may see you as only concerned about your wants and needs or having a never-ending need for compliments. But inside, you may feel insecure, less-than, and empty. Having NPD makes it hard to relate to others or have genuine self-worth. It can affect relationships with your family, friends, and co-workers.

ANTISOCIAL PERSONALITY DISORDER

Antisocial personality disorder (APD), sometimes referred to as sociopathy, is a mental disorder in which a person consistently shows no regard for right and wrong and ignores the rights and feelings of others. People with APD tend to antagonize, manipulate, or treat others harshly or with heartless indifference.

They show no guilt or remorse for their behaviour, even when it is evident that it is causing hurt and disruption. They lie, behave violently or impulsively, and have problems with drug and alcohol use. Because of these characteristics, they typically fail to fulfil responsibilities related to family, work, or school.

ANTISOCIAL PERSONALITY DISORDER

SYMPTOMS

- Disregard for right and wrong
- Persistent lying or deceit to exploit others
- Being callous, cynical, and disrespectful of others
- Using charm or wit to manipulate others for personal gain or personal pleasure
- Arrogance, a sense of superiority and being extremely opinionated
- Recurring problems with the law due to persistent criminal behaviour
- Repeatedly violating the rights of others through intimidation and dishonesty
- Impulsiveness or failure to plan ahead
- Hostility, significant irritability, agitation, aggression, or violence
- Lack of empathy for others and lack of remorse about harming others
- Unnecessary risk-taking or dangerous behaviour with no regard for the safety of self or others
- Failure to consider the negative consequences of behaviour or learn from them
- Being consistently irresponsible and repeatedly failing to fulfil work or financial obligations.

ANTISOCIAL PERSONALITY DISORDER

SYMPTOMS

It is worth noting that adults with APD typically show symptoms of conduct disorder before the age of 15. Signs and symptoms of conduct disorder include serious, persistent behaviour problems, such as:

- Aggression toward people and animals
- Destruction of property
- Deceitfulness
- Petty theft
- Persistent violation of rules

Although antisocial personality disorder is considered lifelong, in some people, certain symptoms -- particularly destructive and criminal behaviour -- may decrease over time. But it is not clear whether this decrease is a result of aging or an increased awareness of the consequences of antisocial behaviour.

DEPENDANT PERSONALITY DISORDER

Dependent personality disorder (DPD) is a mental condition affecting individuals and making them strongly doubt their own abilities and skills, which leads to them cultivating an air of helplessness. Their fear of abandonment is strong, and someone with DPD may lie about their ability to perform certain tasks in order to get one of their valued people to do it for them. This creates the idea that they cannot do that task without the other person, preventing the other person from leaving them.

They have a pervasive and excessive need to be taken care of by another person. The need can be so strong that a person suffering from DPD will go to extremes to please someone in the position to provide care, even if it means doing something unpleasant. In extreme cases, they could even go as far as tolerating an abusive relationship. People in a relationship where DPD is involved also run a risk of developing co-dependency, which is a situation where compulsive caretaking and dependency can become destructive. It is not clear what causes DPD, but certain childhood experiences could make an individual more at risk of developing the disorder.

DEPENDANT PERSONALITY DISORDER

SYMPTOMS

These are some of the common symptoms to look out for:

- Difficulty making decisions without the input or presence of others
- Being overly passive or submissive
- An inability to disagree with or argue with others
- Allowing or preferring other people to handle your personal business
- Extreme fear of abandonment, especially by loved ones
- Intense sadness and lethargy after a romantic relationship ends
- Willingness to do anything in your power, including putting up with abuse or mistreatment or doing dangerous or illegal things, to please a valued person or keep them near you
- Having trouble starting projects or doing things alone
- Constantly seeking relationships and cultivating them in order to not be alone, no matter how unhealthy the relationship may be

PASSIVE AGGRESSIVE PERSONALITY DISORDER

Passive aggression is a type of indirect aggression. It allows a person to express anger and related emotions without directly communicating these feelings. It often involves inaction rather than action. A person engaged in overt aggression might attend a family gathering and be rude or hostile, while a person engaged in passive aggression might avoid the family gathering altogether or attend and give people the "silent treatment."

People expressing passive aggression often retain the ability to deny that they intended their behaviour aggressively. For instance, passive aggressive behaviour can appear in the form of resistance to another person's requests by procrastinating, expressing sullenness, or acting stubbornly.

Passive aggression is a common coping mechanism that many people use from time to time, especially when they want to avoid direct conflict. However, high levels of passive aggression also correlate with certain mental health diagnoses, including borderline personality disorder, self-harm, anorexia nervosa, and adjustment disorder.

PASSIVE AGGRESSIVE PERSONALITY DISORDER

SYMPTOMS

These are some of the common symptoms to look out for:

- Constant lateness to important appointments
- Procrastination
- Avoiding returning a loved one's call
- Avoiding certain topics of discussion, especially if they know the other person wants to discuss those topics
- Ignoring someone as a form of aggression, such as by not approaching them at a party or not greeting them at work
- Weaponized kindness, which could be where, for example, a person who is angry that a family member forgot their birthday might then, in turn, "go the extra mile" to celebrate that family member's birthday, then make comments about how they could never ignore such an important event
- Sarcasm
- Silence
- Weaponized incompetence, which could be where, for example, a person pretends to be incompetent as a way of either avoiding an unpleasant task or punishing another person

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