

# **PERSONALITY DISORDERS (FROM THE DSM-V) THAT CAN BE RELATED TO ANGER AND ABUSE ISSUES**

**A “PERSONALITY DISORDER” IS A LONGSTANDING STABLE PATTERN OF INNER EXPERIENCE AND BEHAVIOR THAT LEADS TO SIGNIFICANT DISTRESS OR IMPAIRMENT IN IMPORTANT AREAS OF LIFE FUNCTIONING**

**PERSONALITY DISORDERS ARE DEFINED IN THE *DIAGNOSTIC AND STATISTICAL MANUAL (5TH EDITION)* PUBLISHED BY THE AMERICAN PSYCHIATRIC ASSOCIATION WHICH REFERS TO DIAGNOSTIC CRITERIA THAT MENTAL HEALTH PROFESSIONALS USE TO DIAGNOSE THEIR CLIENTS WHEN THEY COME TO THERAPY**

**SOME OF THE TRAITS DESCRIBED BELOW (FROM FOUR OF THE FOURTEEN PERSONALITY DISORDERS DEFINED IN THE *DSM-V*) EXIST ON A CONTINUUM AND ARE OFTEN PART OF THE CLINICAL PICTURE THAT MANY ANGRY, CONTROLLING, AND ABUSIVE PEOPLE PRESENT TO THEIR PARTNERS (AND TO OTHERS)**

**LOOK AT THESE TRAITS AND SEE IF SOME OF THEM DESCRIBE YOU OR SOMEONE YOU KNOW; IF THEY DO, THESE ARE SOME OF THE ISSUES THAT YOU (OR THEY) NEED TO ACKNOWLEDGE AND WORK ON IF YOU (OR THEY) ARE GOING TO DO SOMETHING DIFFERENT WITH THE WAY THAT YOU (OR THEY) EXPERIENCE AND EXPRESS ANGER WITH OTHER PEOPLE IN YOUR LIVES**

## **1) NARCISSISTIC PERSONALITY DISORDER**

- **A PERVASIVE PATTERN OF GRANDIOSITY AND ARROGANCE BEGINNING IN EARLY ADULthood**
- **HAS A GRANDIOSE SENSE OF SELF-IMPORTANCE (I.E. EXPECTS TO BE RECOGNIZED AS “SUPERIOR” TO OTHERS)**
- **HAS AN EXAGGERATED NEED FOR ADMIRATION**
- **HAS A LACK OF EMPATHY FOR THE NEEDS AND FEELINGS OF OTHERS**
- **HAS A STRONG SENSE OF ENTITLEMENT, I.E. HAS UNREASONABLE EXPECTATIONS OF FAVORABLE TREATMENT OR AUTOMATIC COMPLIANCE WITH HIS OR HER WISHES AND EXPECTATIONS**
- **DEMONSTRATES ARROGANT OR HAUGHTY OR BEHAVIORS**
- **IS INTERPERSONALLY EXPLOITATIVE (I.E. TAKES ADVANTAGE OF OTHERS TO ACHIEVE HIS OR HER ENDS)**
- **IS OFTEN ENVIOUS OF OTHER PEOPLE**

## **2) ANTI-SOCIAL PERSONALITY DISORDER**

- HAS A PERVASIVE PATTERN OF DISREGARD FOR AND VIOLATION OF THE RIGHTS OF OTHERS SINCE AGE 15
- DEMONSTRATES A FAILURE TO CONFORM TO SOCIAL NORMS THAT HAS LED TO ACTS THAT ARE GROUNDS FOR ARREST
- EXPERIENCES IRRITABILITY AND AGGRESSIVE BEHAVIOR THAT HAVE LED TO REPEATED PHYSICAL FIGHTS OR ASSAULTS
- HAS A LACK OF REMORSE AND INDIFFERENCE TO HURTING AND MISTREATING OTHERS
- TENDS TO BE DECEITFUL, AS INDICATED BY REPEATED LYING
- TENDS TO BE IMPULSIVE AND REACTIVE

## **3) PARANOID PERSONALITY DISORDER**

- HAS A PERVASIVE MISTRUST OF OTHERS BEGINNING IN EARLY ADULthood
- EXPERIENCES SUSPICION, WITHOUT SUFFICIENT BASIS, THAT OTHERS ARE EXPLOITING, HARMING, OR DECEIVING HIM OR HER
- PERSISTENTLY BEARS GRUDGES AGAINST OTHERS (I.E. IS UNFORGIVING OF “SLIGHTS”)
- HAS A BELIEF THAT THERE ARE HIDDEN DemeanING OR THREATENING MESSAGES IN BENIGN REMARKS OR EVENTS
- PERCEIVES ATTACKS ON HIS OR HER CHARACTER THAT ARE NOT APPARENT TO OTHERS AND IS QUICK TO REACT ANGRILY OR COUNTERATTACK WHEN THIS OCCURS
- HAS RECURRENT SUSPICIONS, WITHOUT JUSTIFICATION, REGARDING THE FIDELITY OF HIS OR HER SPOUSE OR SEXUAL PARTNER

## **4) BORDERLINE PERSONALITY DISORDER**

- MAKES FRANTIC EFFORTS TO AVOID REAL OR IMAGINED REJECTION OR ABANDONMENT BY OTHERS
- HAS A PERVASIVE PATTERN OF UNSTABLE AND INTENSE INTERPERSONAL RELATIONSHIPS CHARACTERIZED BY ALTERNATING BETWEEN EXTREMES OF IDEALIZING AND DEVALUATING OTHER PEOPLE
- EXPERIENCES IMPULSIVITY IN AT LEAST TWO AREAS THAT ARE POTENTIALLY SELF-DAMAGING (E.G. SPENDING, SEX, SUBSTANCE ABUSE, RECKLESS DRIVING, BINGE EATING)
- HAS RECURRENT SUICIDAL BEHAVIOR, GESTURES, OR THREATS OR SELF-HARMING ACTIONS
- HAS EMOTIONAL INSTABILITY DUE TO A MARKED REACTIVITY OF MOOD (INTENSE DEPRESSION, IRRITABILITY, OR ANXIETY)
- HAS A MARKEDLY AND PERSISTENTLY UNSTABLE SELF-IMAGE OR SENSE OF SELF
- HAS CHRONIC FEELINGS OF EMPTINESS
- HAS INAPPROPRIATE INTENSE ANGER OR DIFFICULTY CONTROLLING ANGER  
...FREQUENT DISPLAYS OF TEMPER, CONSTANT IRRITABILITY, AND RECURRENT PHYSICAL FIGHTS