

## PERSONALITY STYLES

Avoidant	Dependent	Obsessive	Borderline	Antisocial	Narcissistic	Histrionic
<p><b>TRAITS:</b></p> <ul style="list-style-type: none"> <li>-Feelings of being defective</li> <li>-Low tolerance for depression</li> <li>-Self-criticism</li> <li>-Shyness</li> <li>-Fear of rejection</li> <li>-Hypersensitivity to criticism</li> <li>-“Love at a Distance”</li> <li>-Predominant social anxiety</li> <li>-Outwardly appear disinterested; inwardly are hypersensitive</li> <li>-Will become intimate with those who pass the test for safety</li> <li>-Abrupt topic changes away from personal matters</li> <li>-Will become unduly set back by minor failures or disappointments</li> <li>-Avoids Activities</li> <li>-Restrained in Relationships</li> </ul>	<p><b>TRAITS:</b></p> <ul style="list-style-type: none"> <li>-Needy: has others assume responsibility for major areas of life</li> <li>-Expression of disagreement with others is limited</li> <li>-Decision-making is difficult</li> <li>-Excessive need for nurturance and support</li> <li>-Self-motivation lacking</li> <li>-Helpless when alone</li> <li>-Self-confidence lacking</li> <li>-Urgently seeks another relationship when a close one ends</li> <li>-Preoccupied with fears of being left to care for self</li> <li>-Rarely live alone</li> <li>-May have a “somatic orientation”—expressing their difficulties in terms of physical complaints rather than emotional pain</li> <li>-Subordinate on self</li> <li>-Volunteer for unpleasant tasks</li> <li>-Work below level of ability</li> </ul>	<p><b>TRAITS:</b></p> <ul style="list-style-type: none"> <li>-Preoccupied with details, rules, plans, organization</li> <li>-Emotionally restricted</li> <li>-Reluctant to delegate tasks</li> <li>-Frugal</li> <li>-Excessively devoted to work</li> <li>-Controls others</li> <li>-Task completion hampered by perfectionism</li> <li>-Inflexible; stubborn</li> <li>-Overconscientious about morals, ethics, values, etc.</li> <li>-Not able to discard belongings; hoards objects</li> <li>-“Misses the Forest for the Trees”</li> <li>-Humorless; lacks spontaneity</li> <li>-Fixated on details</li> <li>-Few leisure activities</li> <li>-Indecisiveness</li> </ul>	<p><b>TRAITS:</b></p> <ul style="list-style-type: none"> <li>-Identity disturbance</li> <li>-Relationships are unstable</li> <li>-Abandonment is frantically avoided</li> <li>-Impulsive behaviors</li> <li>-Suicidal gestures are made (attempts, self-mutilation, threats)</li> <li>-Chronic feelings of emptiness</li> <li>-Dissociative symptoms</li> <li>-Affective instability—rapidly shifting moods</li> <li>-Paranoid ideation</li> <li>-Difficult managing anger</li> <li>-Idealization of others, followed by devaluation</li> <li>-Negativistic—undermine their efforts and those of others</li> <li>-Having had a chaotic childhood</li> <li>-Parental neglect and abuse</li> <li>-Disrupted education</li> <li>-Legal difficulties</li> <li>-Substance Abuse</li> </ul>	<p><b>TRAITS:</b></p> <ul style="list-style-type: none"> <li>-Behavioral problems as a child</li> <li>-Commit acts that are grounds for arrest</li> <li>-Lies frequently</li> <li>-Lacks a superego</li> <li>-Obligations are not honored (financial, occupational, parental)</li> <li>-Safety of self and others is ignored</li> <li>-Aggressive</li> <li>-Assaultive</li> <li>-Unstable—can’t plan ahead</li> <li>-Requires constant stimulation</li> <li>-Easily bored</li> <li>-Substance Abuse</li> <li>-Avoids responsibility for actions</li> <li>-Grandiosity</li> <li>-Poor impulse control</li> <li>-Shallow emotions</li> </ul>	<p><b>TRAITS:</b></p> <ul style="list-style-type: none"> <li>-“Me First” attitude</li> <li>-Arrogant</li> <li>-Envious of others</li> <li>-Fantasizes about unlimited success, brilliance, beauty, etc.</li> <li>-Grandiose sense of self-importance</li> <li>-Empathy is lacking for others</li> <li>-Associates with “special people”</li> <li>-Sense of Entitlement</li> <li>-Exaggerates achievements/accomplishments</li> <li>-Requires excessive admiration</li> <li>-Interpersonally exploitative (takes advantage of others to achieve his/her own end)</li> <li>-Condescending attitude</li> <li>-Dwells on observable assets</li> <li>-Readily blames others</li> <li>-Hypersensitive to criticism—easily defensive</li> <li>-Many fantasies, but few accomplishments</li> </ul>	<p><b>TRAITS:</b></p> <ul style="list-style-type: none"> <li>-Inappropriate behavior—seductive or provocative</li> <li>-Center of attention</li> <li>-Relationships are seen as closer than they really are</li> <li>-Appearance is most important</li> <li>-Vulnerable to the suggestions of others</li> <li>-Emotional expression is exaggerated</li> <li>-Shifting, Shallow emotions</li> <li>-Impressionistic manner of speaking which lacks detail</li> <li>-Novel situations are sought</li> <li>-Shows self-dramatization, theatricality, and exaggerated expression of emotion</li> <li>-Constantly uses physical appearance to draw attention to self.</li> </ul>