

Personality Disorders (usually stem from trauma and evolved in youth)

Currently, there are ten distinct personality disorders identified in the DSM-IV. The following is my commentary on these ten.

1. **Antisocial Personality Disorder**: Sometimes called psychopaths or sociopaths. Lack of regard for rules and authority. Lack of empathy for others. Low social instinct. Extremely high survival instinct. Absence of empathy. Casual attitude towards sex. Obvious inability to get along with others or abide by societal rules. Very dominant behavior.
Motivation: Personal pleasure, hurting others
Weapons: Highly manipulative. Knows the truth, and lies about it
2. **Avoidant Personality Disorder**: Socially inhibited, very low self-esteem. Negative social instinct, sexually inexperienced, inability to protect oneself. Extremely sensitive to criticism. Very submissive.
Motivation: Isolation and/or craves praise, avoidance
Weapons: none, no personality defenses
3. **Borderline Personality Disorder**: Zero self-esteem stemming from non-existent values or identity. Relationships are emotionally volatile, unstable and eventually destroyed by the BPD. No sense of self. Either sexually promiscuous or extremely sexually repressed. Manipulative, but easy to manipulate. Anyone who disagrees with them in the most insignificant way immediately becomes their enemy. More concerned with appearances than substances. Very common amongst political extremists, cult followers, strippers and Playboy™ category women. Women with BPD usually suffer from a "Daddy complex". Dominant/Submissive (Switch).
Motivation: Emotional satisfaction or personal pain/destruction. Aggressively seeks role models to follow.
Weapons: Manipulative and exploitative, lies to others and oneself because they do not understand the truth themselves. Emotional blackmail - "Change your behavior or I'll feel bad and it's your fault"
4. **Dependent Personality Disorder**: Extremely needy. Incapable of making any personal decisions. Very high sense of empathy. Fear of separation. Low self-esteem, often sexually inexperienced. Submissive.
Motivation: Approval and recognition. Seeks guidance and leadership.
Weapons: None (the DPD is totally vulnerable)
5. **Histrionic Personality Disorder**: Inappropriate emotional displays of emotional reactions, approaching theatricality, in everyday behavior. Sudden and rapidly shifting emotion expressions. Low sense of truth. Will believe anything - UFOs, conspiracies, the most extreme New Age beliefs. Desire for social approval. Submissive
Motivation: Attention and respect
Weapons: Lies to others and self because they have no sense of truth or what truth is
6. **Narcissistic Personality Disorder**: Control Freak. Constantly talks about themselves. Gets bored when others talk about anything other than them and brings the discussion around to themselves. Often talks about themselves in the third person. Extremely selfish, total lack of empathy. Not sensitive to criticism. Hypersensitive to any opinion of others, even if the opinion agrees with their own and they didn't say it first. While common amongst political conservative extremists, professional politicians on the Left and Right

are often NPDs. Competitive to the point of self-destruction. Reluctant to open up and trust, but socially uninhibited. Claims sexual experience but in reality avoids any intimacy or physical contact with others. Refuses to change behavior. Loves and demands attention. In social situations constantly talks about themselves and believes everyone is deeply fascinated with them. Addicted to the love of strangers. Often become cult leaders. Dominant. Very common in actors and politicians.

Motivation: Needs to be admired by others, "I am the star - look at me"

Weapons: Verbal abuse, stonewalling, misinformation, lies, sabotage

7. **Obsessive-Compulsive Personality Disorder:** Perfectionist. Inflexible in personal habits. Sticks to established procedures and patterns. Usually associated with other personality disorders. May display markedly undisciplined speech patterns. Often tells the truth to the point of insignificance. Switch.

Motivation: Control of themselves and their environment

Weapons: Extreme emotional outbursts to intimidate others. May become physically violent.

8. **Paranoid Personality Disorder:** Extreme distrust of others, believes others are out to get them, sees hidden and inappropriate meanings. Incapable of forgiving others and can hold a grudge forever. Extremely high survival instinct. Submissive.

Motivation: safety

Weapons: avoidance