



## *DSM AXIS II*

Personality *traits* are enduring patterns of perceiving, relating to, and thinking about the environment and oneself. They are global ...rather than being limited to specific situations or times of life.

Personality *Disorders* may be diagnosed when such traits:

- reflect persistent patterns of self- or other-perception and behavior
- are inflexible, maladaptive, pervasive and of long duration
- cause significant functional impairment or subjective distress in social, occupational, or other important areas of functioning
- are markedly abnormal for the person's culture

Disorders are individuals who have a long history of personality, behavior, emotional, and relationship difficulties. This group is said to have a "personality disorder" — an enduring pattern of inner experience (mood, attitude, beliefs, values, etc.) and behavior (aggressiveness, instability, etc.) that is significantly different than those in their family or culture. These dysfunctional patterns are inflexible and intrusive into almost every aspect of the individual's life. These patterns create significant problems in personal and emotional functioning and are often so severe that they lead to distress or impairment in all areas of their life. (Source: *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition*) *Axis II disorders are considered unchangeable.*

### *Cluster A (odd or eccentric behaviors)*

- **Paranoid personality disorder:** characterized by irrational suspicions and mistrust of others.
- **Schizoid personality disorder:** lack of interest in social relationships, seeing no point in sharing time with others, anhedonia, introspection.
- **Schizotypal personality disorder** characterized by odd behavior or thinking.

### *Cluster B (dramatic, emotional or erratic disorders)*

- **Antisocial personality disorder:** a pervasive disregard for the rights of others, lack of empathy, and (generally) a pattern of regular criminal activity.
- **Borderline personality disorder:** extreme "black and white" thinking, instability in relationships, self-image, identity and behavior often leading to self-harm and impulsivity.
- **Histrionic personality disorder:** pervasive attention-seeking behavior including inappropriately seductive behavior and shallow or exaggerated emotions.
- **Narcissistic personality disorder:** a pervasive pattern of attention-seeking need for grandiosity, and a lack of empathy. Characterized by self-importance, preoccupations with fantasies, belief that they are special, including a sense of entitlement and a need for excessive admiration, and extreme levels of jealousy and arrogance.

### *Cluster C (anxious or fearful disorders)*

- **Avoidant personality disorder:** pervasive feelings of social inhibition and social inadequacy, extreme sensitivity to negative evaluation and avoidance of social interaction.
- **Dependent personality disorder:** pervasive psychological dependence on other people.
- **Obsessive-compulsive personality disorder:** characterized by rigid conformity to rules, moral codes and excessive orderliness.