What is a Personality Disorder?

A personality disorder is a set of traits that combine to negatively affect your life. They have a wide range of causes and some are easier to treat than others. Some of the more common personality disorders are dependant, obsessive-compulsive, borderline, and histrionic.

How Do I Know If I Have a Personality Disorder?

Here is a list of traits that people with personality disorders often have. If you find that many (not necessarily all) of these are true for you, or for someone you care about, you may want to talk to a professional about what's going on:

I have trouble forming relationships with others, and when I do form relationships, they are often stormy.

I have trouble trusting others.

I often feel like I am an emotional roller-coaster, going from feeling happy to feeling sad all the time. In addition, I often feel angry, lonely, scared or empty.

I have had problems controlling my impulses: That is, I have had trouble with excessive spending, excessive sex, gambling, drug or alcohol abuse, shoplifting, or overeating.

I have tried to hurt myself, either by injuring (or cutting) myself or killing myself.

I get angry easily, and other people comment on my anger.

Sometimes I don't know what I want to do with my life. It's hard for me to choose a career, or choose friends.

I feel that I am a bad person sometimes.

What Do I Do If I Feel That I or Someone I Love May Have a Personality Disorder?

First, you are not alone, and it is not hopeless. Many people have personality disorders, and sometimes it's comforting for them to know that what is going on with them has a name--that they are not "crazy."

Personality disorders can be treated, but it requires psychotherapy. If you feel that you, or someone you know, may have a personality disorder, you can call Matt Sweet to discuss your concerns further.