

Personality Disorders: Types, Signs, and Professional Help



New Delhi, Delhi Mar 10, 2023 ([Issuewire.com](https://www.issuewire.com)) - Intro: [HeretoHear Therapy](#), the Best Therapist Online in India isn't a crisis intervention centre. If your loved ones are facing these personality issues and you want them to talk about it, professionals. Reach us

A person's attitude is what sets them apart from other people in terms of how they think, feel, and act. A person's personality is influenced by their experiences, environment, and genetics. Personality disorders are characterized by persistent, inflexible thought, behavior, and emotion patterns. Personality disorders could lead to false perceptions of reality, abnormal behavior, and unhappiness in a variety of spheres of life, such as work, relationships, and social interaction.

What Kinds of Personality Disorders?

There are ten different types of personality disorders, and the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) divides them into three main categories. Every cluster has its own set of symptoms.

A Cluster

The unusual or eccentric behavior associated with certain personality disorders defines them. Because

of how their behavior is interpreted as strange, suspicious, or distant, persons with cluster A personality disorders might experience severe interpersonal difficulties. Disorders of the cluster A personality involve:

Paranoid Personality Disorder

By early adulthood and prevalent in a number of circumstances, it is characterized by a pervasive suspicion and distrust of others, even as their intentions are perceived as harmful.

Schizoid Personality Disorder

It can be identified by a continued disengagement from social relationships and a limited capacity for emotional expression in social settings. Individuals with this disease tend to be fairly passive and struggle to react appropriately to significant life events.

Cluster B

Cluster B personality disorders are characterized by dramatic or erratic conduct. This group of personality disorders is characterized by abnormally strong emotions or unusually impulsive, theatrical, promiscuous, or unlawful behavior.

Cluster B personality includes:

Antisocial Personality Disorder

Individuals with ASPD have little regard for others and break socially acceptable norms and rules. Individuals who have ASPD may break the law or hurt other people emotionally or physically. They can choose not to express disdain for the adverse effects.

Borderline Personality Disorder

The hallmark of this condition is difficulty controlling emotions, which causes low self-esteem, changes in mood, poor impulse control, and consequent relationship problems.

Histrionic Personality Disorder

A distorted self-image and strong, unstable emotions set this disease apart. In individuals with a histrionic personality disorder, self-esteem is founded more on the acceptance of others than on a true sense of self-worth.

Narcissistic Personality Disorder

This disease is characterized by a persistent pattern of perceived grandiosity and superiority, an excessive need for admiration and praise, and a dearth of compassion for others.

Cluster C

Cluster C personality disorders are characterized by anxiety. Pervasive anxiety and/or fearfulness characterize this group of personality disorders. Disorders of the Cluster C personality involve:

Avoidant Personality Disorder

Individuals who have this condition frequently feel inadequate and are particularly sensitive to other people's criticism. Despite their desire to interact with others, they stay away from social situations because they have a deep-seated fear of being rejected.

Dependent Personality Disorder

This illness is defined by an excessive and ongoing urge to be looked after by others. It also includes a lack of ability to make judgments, a need for reinforcement that never goes away, and submission. Individuals with a dependent personality disorder display subservient and clingy conduct and have a fear of separation.

Obsessive-Compulsive Personality Disorder

This disorder is characterized by an intense demand for control, neatness, and perfectionism (without room for flexibility), all of which ultimately go in the way of finishing tasks.

Conclusion

However, if these situations are not treated, then they may get difficult at times to handle. And require professional support to manage the situation. We at HeretoHear Therapy have a specialized and experienced team of experts who can provide the best and most [Affordable Online Therapy in India](#).

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