



# Personality Disorder



A **personality disorder** can affect how a person copes with life, how they behave and how they get on with other people.

A person with a **personality disorder** often finds it difficult to get along with people or to relate to the world around them.

There are many types of **personality disorders** that affect people in different ways and have different symptoms.

One of the most common types is **emotionally unstable personality disorder**. A person with this disorder might:

- be reckless
- have problems controlling their emotions
- have intense but unstable relationships
- worry about people abandoning them

Another type is **antisocial personality disorder**. A person with this disorder can:

- be easily angered
- be aggressive
- upset others with their behaviour
- blame others for their actions

## Treatment

The main treatment for **personality disorders** are talking therapies. These help you to look at problems differently and change how you might respond, helping you understand more about yourself.