

## **Borderline Personality Disorder (BPD)**

A person with this disorder will also often exhibit impulsive behaviors and have a majority of the following symptoms:

- Frantic efforts to avoid real or imagined abandonment
- A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation
- Identity disturbance: markedly and persistently unstable self-image or sense of self
- Impulsivity in at least two areas that are potentially self-damaging (e.g., spending, sex, substance abuse, reckless driving, binge eating)
- Recurrent suicidal behavior, gestures, or threats, or self-mutilating behavior
- Affective instability due to a marked reactivity of mood (e.g., intense episodic dysphoria, irritability, or anxiety usually lasting a few hours and only rarely more than a few days)
- Chronic feelings of emptiness
- Inappropriate, intense anger or difficulty controlling anger (e.g., frequent displays of temper, constant anger, recurrent physical fights)
- Transient, stress-related paranoid ideation or severe dissociative symptoms

## **Bipolar Disorder (BD)**

Increased energy

- Decreased sleep
- Little fatigue
- An increase in activities
- Restlessness

## **Anxiety Disorder**

1. restlessness or feeling keyed up or on edge
2. being easily fatigued
3. difficulty concentrating or mind going blank
4. irritability
5. muscle tension
6. sleep disturbances (difficulty falling or staying asleep, or restless unsatisfying sleep)

## Socio Path

- Glibness and Superficial Charm
- Manipulative and Conning  
They never recognize the rights of others and see their self-serving behaviors as permissible. They appear to be charming, yet are covertly hostile and domineering, seeing their victim as merely an instrument to be used. They may dominate and humiliate their victims.
- Grandiose Sense of Self  
Feels entitled to certain things as "their right."
- Pathological Lying  
Has no problem lying coolly and easily and it is almost impossible for them to be truthful on a consistent basis. Can create, and get caught up in, a complex belief about their own powers and abilities. Extremely convincing and even able to pass lie detector tests.
- Lack of Remorse, Shame or Guilt  
A deep seated rage, which is split off and repressed, is at their core. Does not see others around them as people, but only as targets and opportunities. Instead of friends, they have victims and accomplices who end up as victims. The end always justifies the means and they let nothing stand in their way.
- Shallow Emotions  
When they show what seems to be warmth, joy, love and compassion it is more feigned than experienced and serves an ulterior motive. Outraged by insignificant matters, yet remaining unmoved and cold by what would upset a normal person. Since they are not genuine, neither are their promises.
- Incapacity for Love
- Need for Stimulation  
Living on the edge. Verbal outbursts and physical punishments are normal. Promiscuity and gambling are common.
- Callousness/Lack of Empathy  
Unable to empathize with the pain of their victims, having only contempt for others' feelings of distress and readily taking advantage of them.
- Poor Behavioral Controls/Impulsive Nature  
Rage and abuse, alternating with small expressions of love and approval produce an addictive cycle for abuser and abused, as well as creating hopelessness in the victim. Believe they are all-powerful, all-knowing, entitled to every wish, no sense of personal boundaries, no concern for their impact on others.
- Early Behavior Problems/Juvenile Delinquency  
Usually has a history of behavioral and academic difficulties, yet "gets by" by

conning others. Problems in making and keeping friends; aberrant behaviors such as cruelty to people or animals, stealing, etc.

- **Irresponsibility/Unreliability**  
Not concerned about wrecking others' lives and dreams. Oblivious or indifferent to the devastation they cause. Does not accept blame themselves, but blames others, even for acts they obviously committed.
- **Promiscuous Sexual Behavior/Infidelity**  
Promiscuity, child sexual abuse, rape and sexual acting out of all sorts.
- **Lack of Realistic Life Plan/Parasitic Lifestyle**  
Tends to move around a lot or makes all encompassing promises for the future, poor work ethic but exploits others effectively.
- **Criminal or Entrepreneurial Versatility**  
Changes their image as needed to avoid prosecution. Changes life story readily.

## **Impulse Control Disorder (ICD)**

inability to resist certain urges

- Strong urges to engage in a particular behavior that may be damaging to oneself or others.
- Inability to resist engaging in the behavior. In some cases, feelings of tension, anxiety or irritability occur when people with impulse control disorders attempt to resist engaging in the behavior.
- Preoccupation with the behavior.
- Experiencing distress or impairment (e.g., emotional, interpersonal, financial), arrest or physical injury as a result of the behavior.