



Challenging Ambivalence

PERSONALITY DISORDER	KEY TRAITS	"THE CHALLENGE"	"THE PRICE"	"THE AMBIVALENCE" Predict the resistance
1. Dependent	Feel good about themselves by pleasing others (in work, love and play) symptoms: depression or anxiety because their source of approval is removed.	To learn, identify healthy dependencies as opposed to toxic dependencies.	Can't afford to be angry and risk abandonment and lack of approval.	Anxiety may increase as you learn to set boundaries with toxic dependencies – review the "good news vs. bad news".
2. Histrionic	Feel good about themselves by pleasing the self, shallow – symptoms - usually with relationships, they are insensitive to the pain of others.	To go beyond the "honeymoon stage" in relationships to develop intimacy.	Always experience deficiency in long term relationships.	Predict – boredom with pursuing depth, anxiety will be increased.
3. Borderline	Feel good about themselves by having someone to cling to – a lot of anxiety and depression – self is barren and void.	To learn and increase cognitive awareness of their relational style in work, "love" and play. Cognitive/behavioral not feeling oriented treatment.	To lack awareness leads to constant crisis.	Anxiety and Depression may increase as you pay attention to these traits.

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4. Compulsive	Feel good about themselves by avoiding feedback for doing things wrong – difficulty prioritizing – no gray, perfectionist.	Get to be creative, nurture self.	Don't take care of self – sick, tension, anger, can't have fun, severe in capacity for intimacy, unable to share vulnerability with others.	Increased anxiety, with "letting go".
5. Narcissist	Feels good by pleasing self, entitlement, failure to empathize, worries about looking bad.	To increase understanding why they do what they're doing – "To see the other person's point of view".	Increased conflict with others in work, love and play.	Increased depression – re: looking bad or getting caught when you try to see other person's viewpoint.
6. Schizotypal	Feels good by pleasing self, wants relationships. Delusions, social anxiety, magical thinking, unusual experiences, inappropriate affect – paranoia.	To change their perception of reality. Let go of fantasy world.	Admitting my reality is wrong causes feelings of fear and inadequacy.	Reality is not pleasant and can be threatening.
7. Paranoid Personality Disorder	Expects to be exploited by others, no trust, unforgiving, unwarranted fear. Feel good by exposing other's flaws.	To learn to trust others and test my fears. Avoid focusing on other's flaws. Reason instead of reacting.	I have to be vulnerable to trust.	What if the fears are true? If I trust I may get hurt or rejected?

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8. Passive Aggressive	Procrastination, indirect resistance to demands for adequate social and occupational performance. They are torn between pleasing themselves and pleasing others. Strong sense of powerlessness. Watch for suicidal and homicidal potential.	Learning to find self-empowerment. Being able to be assertive and direct.	They have chronic anger at themselves and others. It is right below surface at any moment. Give up resistance as way to feel powerful.	Pay off for them is to get others angry. It makes them feel powerful. If I give up negative behavior, I will be more anxious and feel more powerless.