

HOW WE OBSERVE AN EMOTIONALLY DISTURBED PERSONALITY?

It is important for mental health to believe that we can at least have a little influence on what happens to us. If we take into account the reactions of those around us, our choices become better and better and we experience ourselves as someone who has more and more control over our destiny. Emotionally disturbed personalities see themselves all their lives as victims of fate and the unpredictability of others.

People can only fully experience their humanity by connecting with something bigger



than themselves. Being an adult means learning to live by social rules that eventually become such an important part of your reality that you follow them without thinking about them. Other people are just like us. The social system is based on the principle of reciprocity in all things. What you get is equivalent to what you put in. Other people have the right to reject us. Social creatures trust others to follow basic social rules. Emotionally disturbed personalities betray this trust. Their lack of connection to anything greater than

themselves is also the reason for their inner pain.

Growing up means doing the things that are hard. Without challenges, our lives shrink into a safe routine that does not improve us. Challenges come in all shapes and sizes. We gain the most from those who force us to face our fears, overcome them, and thus expand the realm of our existence. In order to effectively deal with an emotionally disturbed personality, we must learn to think completely differently and be ready to do something completely unusual.

Emotionally disturbed personalities are not so badly damaged that they can be officially diagnosed with a personality disorder, but their way of thinking and behaving fits the patterns described in the official diagnostic manual. All these patterns of behavior stem from the fact that these subjects experience the world differently than other people. These people are in no way different from other people, except when they feel threatened by things that normal people don't even bother to worry about.

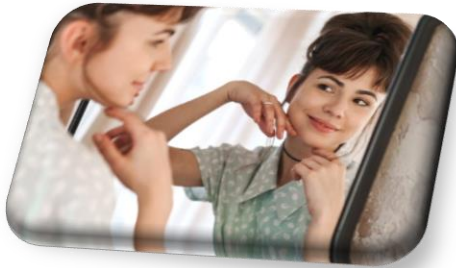
Individual emotionally disturbed personalities can be classified according to a personality disorder characterized by a similar way of thinking and acting.

ANTISOCIAL PERSONALITIES are addicted to excitement. Of all the emotionally disturbed personalities, antisocials are the sexiest, the most exciting, and the most fun to hang out with. Without anti-socials, there would be no heartbreaking love songs.



HISTRIONIC PERSONALITIES live for attention and approval and are supreme experts in appearance. They are experts at hiding their true motives from themselves. You can protect yourself from them by never trusting them with things that you wouldn't post on Facebook. A histrionic personality disorder cannot be brought to admit its true motives.

NARCISSISTS see themselves as legends, and you certainly can't expect them to live by the same rules as all other mortals. There is a lot of narcissism without greatness, but there is no greatness without narcissism. Narcissistic personalities rarely do anything that does not serve their own needs, regardless of what they say about it. These people have to win, so don't compete with them unless you're ready to take them down.



OBSESSIVE COMPULSIVE PERSONALITIES are addicted to a sense of security. Without them, the hardest task and most thankless jobs in this world would never be done, nothing would ever work as it should. Internal conflicts are the most important for them. They will hurt you if your actions threaten their sense of control. You will be waiting indefinitely if you want such a person to ever make a decision. Obsessive compulsive personalities disguise their vices as perfectionism, excessive control, and attention to detail in boldness.



A paranoid is a person who believes that everyone is conspiring against him. **PARANOID PERSONALITIES** live by well-defined rules, which they believe are immutable, and at the same time expect others to follow them. They are unable to see that their own behavior causes others to turn against them. They will discover everything you want to hide.

Forget theories, if you want to understand an emotionally disturbed personality, they will only do you more harm than good. Knowing where the problem comes from doesn't mean you've already solved it. Emotionally disturbed personalities already experience themselves as innocent victims of forces over which they have no power. These personalities are not inherently evil, but due to their immaturity, they do not think about whether their actions are good or bad. Your strongest weapon is understanding the immaturity of only them. The most successful strategy is to set boundaries, determine consequences for inappropriate behavior, be consistent, keep preaching to a minimum, reward good behavior and ignore bad behavior. You probably already know these techniques with children, but you didn't know that you can also use them with adults. You can never completely fit human beings into single diagnostic criteria, no matter how elegantly and well conceived those criteria are. If you recognize yourself among emotionally disturbed personalities, do not take it to heart, as this is a very good sign. Emotionally disturbed personalities often prefer therapeutic approaches that make things worse instead of better.



Emotionally disturbed personalities are sick people, even if not enough to give them an official diagnosis. Clinical psychology has been limited by science, but beneath its surface we still find a considerable amount of artistic approaches and even a touch of superstition. Emotionally disturbed personalities are immature personalities and we often overestimate or underestimate them. Even people with mild symptoms of personality disorders are devilishly difficult to understand, and we can see the same patterns of charming and draining others. The most dangerous mistake you can make in your daily life is to believe that such personalities are, deep down, in fact completely ordinary people. Emotionally disturbed personalities operate with the selfishness of predators and small children. Their needs are more important than ours. If your needs coincide with theirs, such personalities can be extremely hard workers, caring life partners and generally good company. The rules do not apply to them, because emotionally disturbed personalities never make mistakes, they are always right, and their motives are always innocent. What they want, they want immediately. If you defer to them or try to delay their gratification, they will attack you. Emotionally disturbed personalities have elevated outbursts to art. When it is not as they wish, they will create a whole series of painful situations for people. These personalities will use you to satisfy whatever need they feel at that moment. They prey on unsuspecting people who are convinced that everyone is playing by the same socially accepted rules

as them. In addition to being completely indifferent to social rules, they also seem to be indifferent to your needs. When they offer us a favor or give us something as a gift, they always have something up their sleeve. Favorite prey are those people who find it difficult to say no. If you want to know if a person has an emotional personality disorder or not, take a self-help book that describes his personality in detail, put the book in front of him and wait to see if he might recognize himself in it.

You can describe an emotionally disturbed personality as themselves a thousand times, but they will still not see what is clear and obvious to everyone else. They can also learn and change, but it takes a lot of hard work. They lurk in the dark side of human nature, because they feel much better in their immaturity than you do in yours. Dealing with them requires a lot of effort, so sometimes it's better to withdraw at the very beginning and not mess with them.