

# Cluster B Bingo

pathological personality traits (DSM V p.779)

<b>Negative Affect</b>	<b>Detachment</b>	<b>Antagonism</b>	<b>Disinhibition</b>	<b>Psychotism</b>
<i>vs emotional stability</i>	<i>vs extraversion</i>	<i>vs agreeableness</i>	<i>vs conscientiousness</i>	<i>vs lucidity</i>
<i>Frequent and intense anxiety, depression, guilt/shame, worry, anger.</i>	<i>Avoidance of socioemotional experience</i>	<i>At odds with others, arrogance, antipathy, unaware of others' feelings, uses others for self-enhancement</i>	<i>Oriented toward immediate gratification, impulsive, disregard for future consequences</i>	<i>Culturally odd, eccentric, unusual behaviors, perceptions, beliefs, and dissociation</i>
Instability of mood, rapid arousal disproportionate to situation, emotional "lability" (BPD)	Withdrawal	Manipulative, seductive, charming, glib, ingratiating (AS)	Irresponsibility: fails to get places on time, financial problems, disrespect for agreements, careless (AS)	Unusual Beliefs and Experiences
Anxiousness, apprehension (BPD)	Intimacy Avoidance	Deceitful, embellishing (AS)	Impulsivity, urgency (BPD) (AS)	Eccentricity
Separation Insecurity, eliciting inclusion (BPD)	Anhedonia (lack of enjoyment in life experience)	Attention Seeking, centering, re-focuses dialog on self (NPD crit)	Distractibility, difficulty completing tasks in short and long term	Odd thought processes (depersonalization, dissociation)
Submissiveness	Depressive, pessimistic, inferior self-worth, suicidal ideation (BPD)	Grandiose, entitled, condescending (NPD crit)	Risk Taking, lack of concern for ability, reckless (BPD) (AS)	(Misattributing cause and effect, "my thoughts make things happen")
Perseveration, stubborn persistence	Suspiciousness	Callous, lack of remorse, unwilling/unable to relate to impacts on others (AS)	Rigid Perfectionism and rigid expectations of others	
Hostility (BPD) (AS)	Restricted Affect	Mean, vengeful		

## General Criteria for Personality Disorder

- ❑ Moderate or Greater Impairment in Personality Functioning,  
in 2 or more of: “Identity”, “Self-Direction”, “Empathy”, “Intimacy”
- ❑ One (1) or More Pathological Personality Traits
- ❑ Impairments Pervasive Across Time and Situations
- ❑ Not Better Explained By Another Mental Disorder, Substance Abuse, Organic Condition or Medical Condition
- ❑ Not Better Explained by Sociocultural Environment (*recent* divorce)

## Personality Functioning (DSM V, p 762)

Identity:	Self-Direction:	Empathy:	Intimacy:
Experience of oneself as unique, with clear boundaries between self and others, role-appropriate boundaries.	Pursuit of reasonable, coherent and meaningful short-term goals.	Comprehension and appreciation of others' experience.	Depth and duration of connection with others.
Stability of self-esteem	Pursuit of coherent and meaningful life goals.	Comprehension and appreciation of others' motivations.	Desire for closeness
Accuracy of self-appraisal	Utilization of constructive and prosocial internal standards of behavior	Comprehension and tolerance of differing perspectives.	Capacity for caring, close, and reciprocal relationships.
Capacity for a range of emotional expression, and ability to regulate.	Ability to self-reflect productively, and make meaning of internal experiences.	Understanding the impacts of one's own behavior on others	Mutuality of regard reflected in interpersonal behavior. Capacity for cooperation. Flexible response.

## Mild Impairment

Identity	Self-Direction	Empathy	Intimacy
Has relatively intact sense of self, with some decrease in clarity of boundaries when strong emotions and mental distress are experienced.	Is excessively goal-directed, somewhat goal-inhibited, or conflicted about goals.	Is somewhat compromised in ability to appreciate and understand others' experiences; may tend to see others as having unreasonable expectations or a wish for control.	Is able to establish enduring relationships in personal and community life, with some limitations on degree of depth and satisfaction.
Self-esteem diminished at times, with overly critical or somewhat distorted self-appraisal.	May have an unrealistic or socially inappropriate set of personal standards, limiting some aspects of fulfillment.	Although capable of considering and understanding different perspectives, resists doing so.	Is capable of forming and desires to form intimate and reciprocal relationships, but may be inhibited in meaningful expression and sometimes constrained if intense emotions or conflicts arise.
Strong emotions may be distressing, associated with a restriction in range of emotional experience.	Is able to reflect on internal experiences, but may overemphasize a single (e.g., intellectual, emotional) type of self-knowledge.	Has inconsistent awareness of effect of own behavior on others.  NPD: over- or underestimate of own effect on others.	Cooperation may be inhibited by unrealistic standards; somewhat limited in ability to respect or respond to others' ideas, emotions, and behaviors.

## Moderate Impairment

Identity	Self-direction	Empathy	Intimacy
Depends excessively on others for identity definition, with compromised boundary delineation.	Goals are more often a means of gaining external approval than self-generated, and thus may lack coherence and/or stability.	Is hyperattuned to the experience of others, but only with respect to perceived relevance to self.	Is capable of forming and desires to form relationships in personal and community life, but connections may be largely superficial.
Has vulnerable self-esteem controlled by exaggerated concern about external evaluation, with a wish for approval. Has sense of incompleteness or inferiority, with compensatory inflated, or deflated, self-appraisal	Personal standards may be unreasonably high (e.g. a need to be special or please others) or low (e.g. not consonant with prevailing social values). Fulfillment is compromised by a sense of lack of authenticity.	Is excessively self-referential; significantly compromised ability to appreciate and understand others' experiences and to consider alternative perspectives.	Intimate relationships are predominantly based on meeting self-regulatory and self-esteem needs, with an unrealistic expectation of being perfectly understood by others.
Emotional regulation depends on positive external appraisal. Threats to self-esteem may engender strong emotions such as rage or shame.	Has impaired capacity to reflect on internal experience.  NPD: "often unaware of own motivations"	Is generally unaware of or unconcerned about impact of own behavior on others, or unrealistic appraisal of own effect.	Tends not to view relationships in reciprocal terms, and cooperates predominantly for personal gain.

## Severe Impairment

Identity	Self-direction	Empathy	Intimacy
Has a weak sense of autonomy / agency; experience of a lack of identity, or emptiness. Boundary definition is poor or rigid: may show over-identification with others, overemphasis on independence from others, or vacillation between these.	Has difficulty establishing and / or achieving personal goals	Ability to consider and understand the thoughts, feelings, and behavior of other people is significantly limited; may discern very specific aspects of others' experience, particularly vulnerabilities and suffering.	Some desire to form relationships in community and personal life is present, but capacity for positive and enduring connections is significantly impaired.
Fragile self-esteem is easily influenced by events, and self-image lacks coherence. Self appraisal is un-nuanced: self-loathing, self-aggrandizing, or an illogical, unrealistic combination.	Internal standards for behavior are unclear or contradictory. Life is experienced as meaningless or dangerous.	Is generally unable to consider alternative perspectives; highly threatened by differences of opinion or alternative viewpoints.	Relationships are based on a strong belief in the absolute need for the intimate other(s) and / or expectations of abandonment or abuse. Feelings about intimate involvement with others alternate between fear / rejection and desperate desire for connection.
Emotions may be rapidly shifting or a chronic, unwavering feeling of despair.	Has significantly compromised ability to reflect on and understand own mental processes.	Is confused about or unaware of impact of own actions on others; often bewildered about people's thoughts and actions, with destructive motivations frequently misattributed to others.	Little mutuality: others are conceptualized primarily in terms of how they affect the self (negatively or positively); cooperative efforts are often disrupted due to the perception of slights from others.

## Extreme Impairment

Identity	Self-direction	Empathy	Intimacy
Experience of a unique self and sense of agency / autonomy are virtually absent, or are organized around perceived external persecution. Boundaries with others are confused or lacking.	Has poor differentiation of thoughts from actions, so goal-setting ability is severely compromised, with unrealistic or incoherent goals.	Has pronounced inability to consider and understand others experience and motivation.	Desire for affiliation is limited because of profound disinterest or expectation of harm. Engagement with others is detached, disorganized, or consistently negative.
Has weak or distorted self-image easily threatened by interactions with others; significant distortions and confusion around self-appraisal.	Internal standards for behavior are virtually lacking. Genuine fulfillment is virtually inconceivable.	Attention to others' perspectives is virtually absent (attention is hypervigilant, focused on need fulfillment and harm avoidance).	Relationships are conceptualized almost exclusively in terms of their ability to provide comfort or inflict pain and suffering.
Emotions not congruent with context or internal experience. Hatred and aggression may be dominant affects, although they may be disavowed and attributed to others.	Is profoundly unable to constructively reflect on own experience. Personal motivations may be unrecognized and / or experienced as external to self.	Social interactions can be confusing and disorienting.	Social / interpersonal behavior is not reciprocal; rather, it seeks fulfillment of basic needs or escape From pain.