

22. While everyone has a personality, not every individual has a personality disorder. I was already joking with my friends that you can't help but self-diagnose and diagnose the people in your life as you are reading about disorders, and then the text warned against that exact thing, that it can often be tempting to diagnose once you have read a definition, but that the reality is that most people do not have a diagnoses even if they seem like they might have a few defining traits of a disorder. People with a disorder often have a long lasting rigid pattern of internal experiences that impair their ability to maintain healthy relationships or meet their goals due to the disruptions to their behavior. Of ten times there is a capacity for empathy and intimacy that is much different than the cultural standard and can lead to detrimental problems psychologically, causing pain for themselves or others. While every personality might be slightly different and there are certain personalities that might be more socially acceptable than others, based on media influences, but in order to have a personality disorder one must display a cognitive, emotional, social and impulsivity disfunction significantly different from their own culture in a way that causes distress or impairment to the individual. Often times individuals who display one personality disorder have other personality disorders that make identifying and diagnosing specific personality disorders quite controversial and difficult.