

33. Anxious personality disorders include avoidant, dependent, and obsessive-compulsive personality disorders. In avoidant personality disorder the patient becomes flooded with feelings of inadequacy that often lead to feelings of magnified negative evaluation and an overwhelmed or discomfort for social situations. I lived with a roommate for many years who would often talk so poorly about herself while we were getting ready that she would often end up not even going to the event, because she came so aware of every possible flaw in her, and was convinced that she was not worth having around at a party. She would also cry and have panic attacks before dates often, because she was so nervous about her flaws and was certain she would be rejected.

Dependent personality disorder is when an individual has an obsessive need to be taken care of. These individuals usually have a significant relationship that they attach to, and have trouble making even the smallest decision independently. These individuals usually have a low self-esteem and do not trust their own ability to make decisions for themselves. There is usually a fear that they will not be able to care or fend for themselves. We see this often in the residential setting. We will see clients who have become dependent on the system, and grow fearful of leaving the program even if they have a stable job and enough money saved up to pay their own rent.

Lastly, we have obsessive-compulsive personality disorder. These individuals are known for their compulsive need for order, control, and perfection. In these cases, often the drive to get it right interferes with productivity. Those with intensified cases of obsessive compulsive personality disorder will become so honed in on one particular part of the task that they actually miss the point of the big picture, and are unable to complete the task at hand. Often due to the part of the individual experiencing obsessive compulsive personality disorder that loves perfection, there is a rigidity and stubbornness that convinces themselves that others are too careless and that they are the only ones

committed to doing it correctly. However this hyperfocus is often debilitating, and they become overwhelmed about making a mistake.