

Personality Disorder Worksheet

Please identify the 3 W's associated with the following personality clusters.

Cluster A - "Weird"

Cluster B - "Wild"

Cluster C - "Worried"

Please list at least 2 traits shared among the Cluster A personality disorders:

- Poor interpersonal relationships
- Cold or aloof
- Odd or suspicious
- Socially awkward

Please list at least 2 traits shared among the Cluster B personality disorders:

- Intensely emotional and reactive
- Often dysphoric when undistracted and alone
- Self-absorbed and entitled
- Lacks empathy for others
- Often misdiagnosed as Bipolar

Please list at least 2 traits shared among the Cluster C personality disorders:

- Anxiety
- Fearfulness
- Have personal agendas of need for approval or acceptance that override other considerations.

Personality Disorder Worksheet

Please identify the personality disorders seen in the examples below

1. Severus Snape shows little concern or interest in romantic or personal relationship. Is always seen reading, when not teaching, instead of talking with others. Does not express interest in anything that doesn't have anything to do with his interests, studying, or whatever his mind is on or what he perceives as important. In the words of Alan Rickman, 'He is very concentrated...lives a solitary life. Does not have much of a social life.' He has a massive intellect, knows it, and most likely views others beneath him or of just little to no interest.

- Schizoid

2. It's Always Sunny in Philadelphia: Dennis Reynolds repeatedly refers to himself as a legend and a 'Golden God' despite being no cooler than the others. His shallow, self-interested relationships with almost everyone he interacts with, combined with his constant self-aggrandisement makes him a textbook case.

- Narcissistic

3. Lieutenant Barclay from Star Trek Barclay: "I mean I'm the guy who writes down things to remember to say when there is a party. And then when he finally gets there he winds up alone, in the corner, trying to look... comfortable examining a potted plant."

- Avoidant

4. The White Rabbit from Alice in Wonderland. He is constantly worried about time and is inflexible on rules and orderliness, and he does not partake in meaningless rituals.

- Obsessive Compulsive Personality Disorder

5. Rorschach from Watchmen views the world as one big cesspool of criminals and degenerates. His obsession with fighting crime is such that he seldom bathes or even eats or sleeps, and he suspects nearly everyone of being guilty of something.

- Paranoid (also some anti-social traits)

6. The late Heath Ledger's portrayal of The Joker in The Dark Knight. He's open about his evilness and thinks everyone else is just as bad. In regards to authority, he considers himself an agent of chaos ruining The Plan.

- Antisocial

7. Loki from Thor has tried to commit suicide, is prone to self-sabotage and self-destruction, and tries to kill his brother Thor several times, but then is hurt when neither he nor his father visit him in prison. A lot of his aggression during the first film could be seen as frantic efforts to avoid abandonment by his family...by pushing them away first.

- Borderline

8. Willy Wonka shows eccentric behavior and appearance (outlandish purple clothes, living in a chocolate factory). Affect is inappropriate as he shows no concern when children are turning into candy on his property. He shows odd thinking and speech, uses many made up phrases and words. Odd beliefs and behavior which are inconsistent with cultural norms.

- Schizotypal

9. Buster Bluth from Arrested Development. He is a 30 year old man who lives with his mother who lives entirely off family money and has no interest in a job. He has difficulty making everyday decisions without reassurance from others, and when he does make a decision it is usually based on what would please his mother the most. Feels helpless when alone because of the fear of being unable to care for himself.

- Dependent

10. Dee on It's Always Sunny in Philadelphia shows the classic histrionic symptoms of being; demanding, gullible, a low frustration tolerance, overly concerned with her appearance, energetic, manipulative, seductive, impulsive, and erratic.

- Histrionic