

Ino sama

# personality disorders

*A guide to  
understanding the  
different types*

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## **Introduction**

Personality disorders are a group of mental illnesses.

These include long-term, persistent changes in thought processes and behaviors that are unhealthy and inflexible.

The behavior of these people can usually cause serious problems in interpersonal relationships within the family, on the street and at work.

Personality disorders are a complex of deeply rooted

rigid and maladaptive  
personality traits that  
determine a specific  
perception and attitude  
towards oneself and others,  
decreased social  
adjustment, and, as a rule,

emotional discomfort and  
subjective distress.

The reasons why they  
occur most often are in  
adolescence or even  
childhood, with each type  
of personality disorder  
having its own

characteristic age of  
formation. From the start  
of their emergence, these  
maladaptive personality  
traits no longer have any  
demarcation in time and  
permeate the entire period  
of adulthood. Their