



DSM-5 Personality Disorders Matching Exercise:

Disorder	Answer	Matching Options
Paranoid Personality Disorder		A. Unstable moods, self-image, and interpersonal relationships, with impulsive behavior.
Schizoid Personality Disorder		B. Preoccupation with orderliness, perfectionism, and control.
Schizotypal Personality Disorder		C. Excessive emotionality and attention-seeking behavior.
Antisocial Personality Disorder		D. Social inhibition, feelings of inadequacy, and hypersensitivity to criticism.
Borderline Personality Disorder		E. Detachment from social relationships and restricted emotional expression.
Histrionic Personality Disorder		F. Grandiosity, need for admiration, and lack of empathy.
Narcissistic Personality Disorder		G. Disregard for and violation of others' rights, often with a lack of remorse.
Avoidant Personality Disorder		H. Eccentric behavior and odd beliefs, but not to the extent of schizophrenia.
Dependent Personality Disorder		I. Excessive need to be taken care of, leading to submissive and clingy behavior.
Obsessive-Compulsive Personality Disorder		J. A pervasive distrust and suspiciousness of others.

Scenario One:

John, a 30-year-old man, has always been highly suspicious of others and tends to interpret innocent actions as malicious intent. He constantly believes that people around him are plotting against him, trying to harm him, or trying to take advantage of him in some way. For instance, when his colleagues at work invite him to join them for lunch, he assumes they are discussing him behind his back and refuses to go. He also believes that his neighbors are spying on him and reporting his activities to authorities without any evidence to support such claims.

In social situations, John is extremely guarded and secretive, fearing that others will use any information against him. He rarely confides in anyone, including his family and close friends, because he thinks they might betray him. Consequently, he keeps himself isolated, avoiding forming close relationships.

Despite having a successful career, John often suspects that his co-workers are trying to sabotage his work or steal his ideas. He is quick to hold grudges and finds it challenging to forgive or forget any perceived offenses.

John's pervasive distrust and suspicion create significant distress and impair his ability to connect with others. These traits have led to frequent conflicts in personal and professional relationships, making it difficult for him to maintain long-lasting bonds.

This example illustrates some of the characteristics commonly associated with _____ as per DSM-5 criteria.

Scenario Two:

Alex, a 30-year-old software engineer who lives a seemingly solitary life in a small apartment. He keeps to himself most of the time, preferring the company of computers and machines over people. Colleagues find him distant and indifferent, as he rarely engages in casual conversations or social events at work.

Alex's weekends are spent alone, immersed in his hobbies like programming, gaming, and reading. He shows little interest in forming close relationships or seeking out friendships. When coworkers invite him to gatherings or team-building activities, he politely declines, stating he prefers to spend his free time at home.

While Alex is highly skilled in his work, his lack of interpersonal skills and emotional detachment have led to occasional misunderstandings with colleagues. He often finds it challenging to understand or express emotions and avoids any form of emotional intimacy with others. As his social withdrawal becomes more pronounced, his family members worry about his isolation and attempt to reach out, but he seems indifferent to their concerns. He rarely initiates conversations with them and mostly responds with short, matter-of-fact replies.

Despite his apparent emotional distance, Alex is not troubled by his isolation. In fact, he seems content with his solitary lifestyle, finding solace in the predictability and simplicity of his daily

routines. He views relationships as unnecessary complications and prefers to maintain his self-sufficiency.

Over time, colleagues and family members begin to accept that Alex is a deeply introverted individual, often lost in his own world of thoughts and interests.

This example illustrates some of the characteristics commonly associated with _____ as per DSM-5 criteria.

Scenario Three:

Tyler is a 22-year-old artist who lives in a small town. He has always been known for his eccentric behavior and peculiar beliefs. He often wears mismatched clothes, claiming that certain colors protect him from negative energies. He spends most of his time alone, as he finds it challenging to connect with others on a deep emotional level.

Tyler has a unique way of thinking and often believes in supernatural phenomena. He is convinced that he possesses psychic abilities and can communicate with spirits. He spends hours in his art studio, creating intricate paintings inspired by his unusual dreams and visions. He believes that these artworks hold hidden messages from the spirit world.

Due to his difficulty in relating to others, Tyler struggles to maintain close friendships or romantic relationships. He feels misunderstood by people around him and often perceives harmless remarks as veiled insults or criticism. As a result, he withdraws further into his own world and avoids social interactions.

One day, he attended a local art exhibition. Instead of engaging in conversations with fellow artists, he stands quietly in the corner, observing others from a distance. He believes that some of the other artists are secretly plotting against him, trying to steal his ideas and sabotage his career.

Although Tyler's artistic talent is undeniable, his peculiar behavior and excessive social anxiety that is more related to paranoid fears as opposed to negative judgments about himself have made it challenging for him to gain recognition in the art community. He yearns for acceptance and validation but struggles to overcome barriers.

This example illustrates some of the characteristics commonly associated with _____ as per DSM-5 criteria.

Scenario Four:

Ron is a charming and charismatic individual. At first glance, he appears to be the life of the party, effortlessly engaging others with witty banter and an infectious smile. However, beneath this charismatic facade lies a pattern of behavior that's deeply troubling.

Over the years, Ron has had numerous run-ins with the law and a history of manipulative behavior. He consistently disregards social norms and has little regard for the rights and feelings of others. From a young age, he showed signs of aggression and cruelty towards animals, which concerned his family, but he managed to explain it away as mere curiosity.

Throughout his life, Ron has been involved in various scams and schemes to exploit others for personal gain. He has no qualms about lying, cheating, or stealing to achieve his objectives, leaving a trail of broken relationships and betrayed friends in his wake.

He has repeatedly engaged in risky behaviors, such as reckless driving and substance abuse, without showing any concern for the potential consequences. He seems to have no fear of the law or regard for the well-being of others.

His interpersonal relationships are characterized by manipulation and exploitation. He often forms superficial connections with others only to use them for his own benefit. Once he has achieved his goals, he discards them without a second thought, leaving those who trusted him feeling used and betrayed.

Despite facing legal consequences for his actions, Ron continues to manipulate others to evade accountability. He easily charms authority figures, convincing them that he is remorseful and will change his ways, only to continue his exploitative behavior once the dust settles.

Inevitably, Ron's actions catch up with him, and he finds himself facing serious criminal charges. While most people might experience guilt or remorse in such a situation, Alex remains unbothered and continues to justify his behavior, blaming others for his predicament.

This example illustrates some of the characteristics commonly associated with _____ as per DSM-5 criteria.

Scenario Five:

Sarah is a 28-year-old woman with a history of tumultuous relationships, intense mood swings, and an unstable self-image. One day, she may feel on top of the world and believe that everyone loves her, but the very next day, she can feel abandoned and rejected. Sarah often experiences intense fear of being alone and goes to great lengths to avoid real or perceived abandonment, even if it means staying in unhealthy relationships.

Sarah's emotions are like a rollercoaster, shifting rapidly from joy to anger to sadness. Small things can trigger her, leading to intense emotional outbursts or self-destructive behaviors, such as self-harm or reckless actions. She struggles to regulate her emotions and often feels overwhelmed.

In her relationships, Sarah is prone to extreme idealization and devaluation of others. One moment, she may idolize someone, putting them on a pedestal, but if they disappoint her in any way, she might devalue them, viewing them as entirely negative and rejecting them.

She often has difficulty maintaining stable friendships and romantic partnerships due to her intense emotions and fear of abandonment. Sarah's unstable sense of self makes it challenging for her to establish a consistent identity and pursue long-term goals.

Overall, Sarah's life is marked by emotional turbulence, impulsive actions, and a constant fear of being abandoned. She experiences significant distress due to her symptoms, affecting her personal and professional life.

This example illustrates some of the characteristics commonly associated with _____ as per DSM-5 criteria.

Scenario Six:

Emily is a 28-year-old woman who works as a sales representative in a retail store. Her behavior often draws attention and makes her stand out among her colleagues.

She has a constant need for attention and validation from others. At work, she frequently engages in dramatic and theatrical behavior to captivate her co-workers and customers. She dresses in flashy and revealing outfits, always seeking compliments and praise for her appearance. She loves being the center of attention during staff meetings, often interrupting others to share her ideas or achievements.

In her personal life, Emily's relationships are marked by emotional intensity and impulsiveness. She frequently falls in and out of infatuations with people she meets, believing each one to be "the one" and showering them with excessive compliments and gifts. However, these relationships rarely last long, as her partners often feel overwhelmed by her emotional demands and attention-seeking behavior.

Emily's emotions are often exaggerated, and she tends to respond dramatically to even minor setbacks. For instance, if she receives constructive criticism from her supervisor, she might become tearful, saying that nobody appreciates her hard work, and she feels like a failure. Her emotional reactions are inconsistent and unpredictable, making it challenging for others to understand and connect with her on a deeper level.

Furthermore, Emily has difficulty accepting criticism and becomes defensive when others question her actions or behaviors. She believes that everyone should adore her and gets upset if someone disagrees with her ideas or opinions.

Emily's behavior can lead to challenges in her personal and professional life. While her outgoing and captivating personality may initially draw people in, her constant need for attention and emotional intensity can become overwhelming for those around her. Despite her charm, she struggles to form deep and meaningful relationships, often leaving her feeling lonely and unfulfilled.

This example illustrates some of the characteristics commonly associated with _____ as per DSM-5 criteria.

Scenario Seven:

Jackson is a successful businessman in his mid-40s. On the surface, he appears charming, confident, and self-assured. He has achieved great success in his career and often boasts about his accomplishments to anyone who will listen. He believes he is superior to others and expects everyone to recognize his greatness.

In social settings, Jackson dominates conversations, steering them toward topics that showcase his achievements and importance. He constantly seeks admiration and validation from others, fishing for compliments and accolades. When others share their achievements, he subtly downplays them or finds a way to redirect attention back to himself.

Jackson has little regard for other people's feelings or needs, often interrupting or dismissing them if their concerns do not align with his interests. He believes he is entitled to special treatment and gets upset if things don't go his way. He expects unquestioning loyalty from his employees and becomes angry if they challenge his ideas or decisions.

Underneath his charming facade, Jackson is highly sensitive to criticism. He becomes defensive and easily offended if someone dares to question his abilities or points out any flaws in his plans. Instead of taking constructive feedback, he perceives it as a personal attack on his self-worth.

Despite his success, he is never satisfied. He constantly seeks new sources of admiration, whether it be through acquiring more wealth, material possessions, or social status. He surrounds himself with people who feed his ego and will discard those who do not praise him unconditionally.

Deep down, Jackson's grandiosity masks a fragile self-esteem. He fears being exposed as inadequate or ordinary, which is why he goes to great lengths to maintain the illusion of superiority. His lack of empathy makes it challenging for him to truly connect with others on an emotional level, leading to shallow and superficial relationships. Over time, his behavior takes a toll on his personal and professional relationships.

This example illustrates some of the characteristics commonly associated with _____ as per DSM-5 criteria.

Scenario Eight:

Sarah is a 28-year-old woman who works as a graphic designer. Despite her talent and creativity, Sarah often feels overwhelmed and anxious in social situations.

At work, Sarah is hesitant to share her ideas during team meetings. She fears that her suggestions will be rejected or ridiculed by her colleagues. Even though she knows she has valuable insights, the fear of being criticized or humiliated holds her back from speaking up.

Outside of work, Sarah struggles to make new friends or form close relationships. She desires companionship but is terrified of being judged or rejected. When invited to social gatherings, she often declines or makes excuses to avoid attending, feeling safer in the solitude of her home.

Even with her closest friends, Sarah feels insecure about sharing her true feelings. She worries that opening up will make her vulnerable to rejection or abandonment. As a result, she keeps her emotions bottled up, leading to a sense of loneliness and isolation.

Sarah's behaviors extend to her romantic life as well. While she desires a loving and fulfilling relationship, she finds it challenging to initiate or maintain one. Fear of being rejected or unlovable prevents her from pursuing potential partners or expressing her feelings. This also affects her self-image. Sarah often feels inadequate and inferior to others, believing she's not good enough or deserving of success and happiness. This negative self-perception further reinforces her evasion of social situations and opportunities for personal growth. Despite her struggles, Sarah is aware that her fears and anxieties are irrational.

This example illustrates some of the characteristics commonly associated with _____ as per DSM-5 criteria.

Scenario Nine:

Sarah is a 30-year-old woman who has always struggled with making decisions and taking initiative. She feels an overwhelming need to rely on others for guidance and reassurance in nearly every aspect of her life. Sarah finds it difficult to start projects or make choices, even about simple things like what to wear or what to eat for dinner.

For instance, Sarah is unable to select a movie to watch on her own. Instead, she constantly asks her friends or family members for their opinions and lets them decide for her. She often feels anxious about the thought of being alone or having to handle situations independently, fearing that she might make the wrong choice and disappoint others.

Sarah's reliance is not limited to decision-making. She struggles with feeling helpless when she perceives that someone important to her is upset or disappointed. She goes to great lengths to please others, often putting their needs ahead of her own, even if it means sacrificing her own interests or well-being. Sarah is quick to agree with others' opinions, even if she doesn't share them, to avoid conflict or potential rejection.

Her behavior takes a toll on her self-esteem and confidence. She believes that without constant support and reassurance from others, she wouldn't be able to cope with life's challenges. As a result, she's hesitant to pursue new opportunities or take on responsibilities that might require her

to be independent. It's affecting her ability to lead a balanced and fulfilling life, and she's finding it challenging to establish a sense of self and autonomy.

This example illustrates some of the characteristics commonly associated with _____ as per DSM-5 criteria.

Scenario Ten:

Amanda is a 35-year-old graphic designer who has been excelling in her career for years. On the surface, she appears organized, disciplined, and highly detail oriented. However, her perfectionism and need for control have started affecting her life in significant ways.

Every morning, Amanda wakes up at precisely 6:00 AM. She follows a rigid routine that involves making her bed with military precision, arranging her clothes in a specific order, and meticulously organizing her breakfast items. She cannot start her day until everything is perfectly aligned and in its place. Any deviation from this routine creates immense distress and anxiety for her.

At work, Amanda's colleagues admire her dedication and attention to detail. She's known for producing high-quality designs and maintaining an impeccable workspace. However, her perfectionism takes a toll on her efficiency. She spends an excessive amount of time on each project, constantly making small adjustments and edits until she feels they are flawless. She's unable to delegate tasks to others, fearing they won't meet her high standards.

Amanda's personal life is also affected by her personality and behavior traits. She struggles to relax or enjoy leisure activities, as she's preoccupied with the idea of unfinished tasks or potential mistakes. She meticulously plans social events, often dictating every detail to her friends and family, leading to tensions in relationships. She rarely takes breaks and avoids situations that might disrupt her routines, even if it means missing out on meaningful experiences.

Over time, Amanda's intense need for perfectionism and control strains her relationships and causes her stress and exhaustion. Despite achieving professional success, she finds it challenging to derive satisfaction from her accomplishments due to her unrelenting standards.

This example illustrates some of the characteristics commonly associated with _____ as per DSM-5 criteria.

Answers

Matching
J
E
H
G
A
C
F
D
I
B

Case Studies

1. Paranoid Personality disorder
2. Schizoid Personality Disorder
3. Schizotypal Personality Disorder
4. Antisocial Personality Disorder
5. Borderline Personality Disorder
6. Histrionic Personality Disorder
7. Narcissistic Personality Disorder
8. Avoidant Personality Disorder
9. Dependent Personality Disorder
10. Obsessive-Compulsive Personality Disorder