1. Paranoid Personality Disorder

What is paranoid personality disorder?

Paranoid personality disorder (PPD) is one of a group of conditions called eccentric personality disorders. People with these disorders often appear odd or peculiar. People with PPD also suffer from paranoia, an unrelenting mistrust and suspicion of others, even when there is no reason to be suspicious. This disorder usually begins by early adulthood and appears to be more common in men than in women.

Symptoms

People with PPD are always on guard, believing that others are constantly trying to demean, harm, or threaten them. These generally unfounded beliefs, as well as their habits of blame and distrust, might interfere with their ability to form close relationships. People with this disorder:

- Doubt the commitment, loyalty, or trustworthiness of others, believing others are using or deceiving them
- Are reluctant to confide in others or reveal personal information due to a fear that the information will be used against them
- Are unforgiving and hold grudges
- Are hypersensitive and take criticism poorly
- Read hidden meanings in the innocent remarks or casual looks of others
- Perceive attacks on their character that are not apparent to others; they generally react with anger and are quick to retaliate
- Have recurrent suspicions, without reason, that their spouses or lovers are being unfaithful
- Are generally cold and distant in their relationships with others, and might become controlling and jealous
- Cannot see their role in problems or conflicts, believing they are always right
- Have difficulty relaxing
- Are hostile, stubborn, and argumentative

Causes

The exact cause of PPD is not known, but it likely involves a combination of biological and psychological factors. The fact that PPD is more common in people who have close relatives with schizophrenia suggests a genetic link between the two disorders. Early childhood experiences—including physical or emotional trauma—are also suspected to play a role in the development of PPD.
2. **Antisocial Personality Disorder**

Antisocial personality disorder is a type of chronic mental illness in which a person's ways of thinking, perceiving situations and relating to others are abnormal — and destructive. People with antisocial personality disorder typically have no regard for right and wrong. They may often violate the law and the rights of others, landing in frequent trouble or conflict. They may lie, behave violently, and have drug and alcohol problems. And people with antisocial personality disorder may not be able to fulfill responsibilities to family, work or school. Antisocial personality disorder is sometimes known as sociopathic personality disorder. A sociopath is a particularly severe form of antisocial personality disorder.

**Symptoms**

- Disregard for right and wrong
- Persistent lying or deceit
- Using charm or wit to manipulate others
- Recurring difficulties with the law
- Repeatedly violating the rights of others
- Child abuse or neglect
- Intimidation of others
- Aggressive or violent behavior
- Lack of remorse about harming others
- Impulsive behavior
- Agitation
- Poor or abusive relationships
- Irresponsible work behavior

The intensity of antisocial symptoms tends to peak during the 20s and then may decrease over time. It's not clear whether this is a result of aging or an increased awareness of the consequences of antisocial behavior. But while people with this disorder might be less likely to commit crimes against others later in life, they may still have trouble functioning in relationships, work or school.
Causes

Personality is the combination of thoughts, emotions and behaviors that makes everyone unique. It's the way people view, understand and relate to the outside world, as well as how they see themselves. Personality forms during childhood, shaped through an interaction of two factors:

- **Inherited tendencies, or genes.** These are aspects of a person's personality passed on by parents, such as shyness or having a happy outlook. This is sometimes called temperament. It's the "nature" part of the nature vs. nurture debate.

- **Environment, or life situations.** This is the surroundings a person grows up in, events that occurred, and relationships with family members and others. It includes such things as the type of parenting a person experienced, whether loving or abusive. This is the "nurture" part of the nature vs. nurture debate.

Personality disorders are thought to be caused by a combination of these genetic and environmental influences. Some people may have a genetic vulnerability to developing antisocial personality disorder — and life situations may trigger its actual development.

There may be a link between an early lack of empathy — understanding the perspectives and problems of others, including other children — and later onset of antisocial personality disorder. These personality problems may be inherited and identifying them early may help improve long-term outcomes.

**Richard Kuklinski has certain characteristics that almost qualify him to be diagnosed with the following disorders:**

**Borderline Personality Disorder**

Borderline personality disorder (BPD) is an emotional disorder that causes emotional instability, leading to stress and other problems.

With borderline personality disorder your image of yourself is distorted, making you feel worthless and fundamentally flawed. Your anger, impulsivity and frequent mood swings may push others away, even though you desire loving relationships.

If you have borderline personality disorder, don't get discouraged. Many people with borderline personality disorder get better with treatment and can live happy, peaceful lives.
Symptoms

Borderline personality disorder affects how you feel about yourself, how you relate to others and how you behave.

When you have borderline personality disorder, you often have an insecure sense of who you are. That is, your self-image or sense of self often rapidly changes. You may view yourself as evil or bad, and sometimes may feel as if you don't exist at all. An unstable self-image often leads to frequent changes in jobs, friendships, goals and values. People with borderline personality disorder often feel misunderstood, alone, empty and hopeless. They're typically full of self-hate and self-loathing. They may be fully aware that their behavior is destructive, but feel unable to change it. Poor impulse control may lead to problems with gambling, driving or even the law. They may find that many areas of their lives are affected, including social relationships, work or school.

Your relationships are usually in turmoil. You often experience a love-hate relationship with others. You may idealize someone one moment and then abruptly and dramatically shift to fury and hate over perceived slights or even minor misunderstandings. This is because people with the disorder often have difficulty accepting gray areas — things seem to be either black or white.

Borderline personality disorder symptoms may include:

- Impulsive and risky behavior, such as risky driving, unsafe sex, gambling sprees or illegal drug use
- Strong emotions that wax and wane frequently
- Intense but short episodes of anxiety or depression
- Inappropriate anger, sometimes escalating into physical confrontations
- Difficulty controlling emotions or impulses
- Suicidal behavior
- Fear of being alone
Causes
As with other mental disorders, the causes of borderline personality disorder aren't fully understood.

Factors that seem likely to play a role include:

- **Genetics.** Some studies of twins and families suggest that personality disorders may be inherited.

- **Environmental factors.** Many people with borderline personality disorder have a history of childhood abuse, neglect and separation from caregivers or loved ones.

- **Brain abnormalities.** Some research has shown changes in certain areas of the brain involved in emotion regulation, impulsivity and aggression. In addition, certain brain chemicals that help regulate mood, such as serotonin, may not function properly.

Most likely, a combination of these issues results in borderline personality disorder.

**Narcissistic Personality Disorder**

Narcissistic personality disorder is a mental disorder in which people have an inflated sense of their own importance and a deep need for admiration. Those with narcissistic personality disorder believe that they're superior to others and have little regard for other people's feelings. But behind this mask of ultra-confidence lies a fragile self-esteem, vulnerable to the slightest criticism.

Narcissistic personality disorder is one of several types of personality disorders. Personality disorders are conditions in which people have traits that cause them to feel and behave in socially distressing ways, limiting their ability to function in relationships and in other areas of their life, such as work or school.

Narcissistic personality disorder treatment is centered around psychotherapy.

**Symptoms**

Narcissistic personality disorder is characterized by dramatic, emotional behavior, which is in the same category as antisocial and borderline personality disorders.

Narcissistic personality disorder symptoms may include:

- Believing that you're better than others
• Fantasizing about power, success and attractiveness
• Exaggerating your achievements or talents
• Expecting constant praise and admiration
• Believing that you're special and acting accordingly
• Failing to recognize other people's emotions and feelings
• Expecting others to go along with your ideas and plans
• Taking advantage of others
• Expressing disdain for those you feel are inferior
• Being jealous of others
• Believing that others are jealous of you
• Trouble keeping healthy relationships
• Setting unrealistic goals
• Being easily hurt and rejected
• Having a fragile self-esteem
• Appearing as tough-minded or unemotional

Although some features of narcissistic personality disorder may seem like having confidence or strong self-esteem, it's not the same. Narcissistic personality disorder crosses the border of healthy confidence and self-esteem into thinking so highly of yourself that you put yourself on a pedestal. In contrast, people who have healthy confidence and self-esteem don't value themselves more than they value others. When you have narcissistic personality disorder, you may not want to think that anything could be wrong — doing so wouldn't fit with your self-image of power and perfection. But by definition, a narcissistic personality disorder causes problems in many areas of your life, such as relationships, work, school or your financial affairs. You may be generally unhappy and confused by a mix of seemingly contradictory emotions. Others may not enjoy being around you, and you may find your relationships unfulfilling.

When you have narcissistic personality disorder, you may come across as conceited, boastful or pretentious. You often monopolize conversations. You may belittle or look down on people you perceive as inferior. You may have a sense of entitlement. And when you don't receive the
special treatment to which you feel entitled, you may become very impatient or angry. You may insist on having "the best" of everything — the best car, athletic club, medical care or social circles, for instance.

But underneath all this behavior often lies a fragile self-esteem. You have trouble handling anything that may be perceived as criticism. You may have a sense of secret shame and humiliation. And in order to make yourself feel better, you may react with rage or contempt and efforts to belittle the other person to make yourself appear better.

**Causes**

It's not known what causes narcissistic personality disorder. As with other mental disorders, the cause is likely complex. The cause may be linked to a dysfunctional childhood, such as excessive pampering, extremely high expectations, abuse or neglect. It's also possible that genetics or psychobiology — the connection between the brain and behavior and thinking — plays a role in the development of narcissistic personality disorder.